

LIGHTNING AND SEVERE WEATHER CONDITIONS

Player safety on and off the field is our priority. When it comes to making decisions to suspend or cancel play due to weather conditions, team staff, players, referees, and guests all share responsibility. These same individuals should be aware of close safe shelter locations and know how to evaluate when it is safe to resume play after severe weather leaves an area.

Lightning is one of the top ten causes of sudden death in sport.

If it has been half an hour since thunder, it is safe to go outdoors. Outdoor activity may resume 30 minutes after the last sound of thunder or flash of lightning. The 30-minute clock restarts every time lightning flashes or thunder sounds.

WRAL Soccer Park - There is a ThorGuard Lightning Prediction and Warning system at the WRAL Soccer Park main building. You will hear a 15 second horn that indicates lightning is in the area and it is unsafe to play or be on the fields. Leave the field immediately and return to your vehicle. The system will continue to monitor the storms as well as activate a yellow flashing light.

If you arrive to the fields and see a yellow strobe light flashing, you may not enter the fields.

You can return to the field after three horn blasts and the yellow strobe light is no longer flashing.

Warning signs of a lightning strike:

- Feeling the hair stand on end
- Skin tingling
- Hearing crackling noises

If these occur, assume the lightning safe position:

- Crouch on the ground as low as you can.
- Put all your weight on the balls of your feet.
- Keep your feet together.
- Lower your head and cover your ears.
- *Do not* lie flat on the ground.

ACTION TO TAKE FOR A LIGHTNING STRIKE VICTIM

If someone is injured by a lightning strike, follow these emergency management steps:

- Call 911 and alert emergency medical responders (EMS).
- Establish that the area is safe before moving to help the victim. If there is more than one victim, first assist those who appear in the most severe condition.
- Move individual(s) carefully to a safe location (victims of lightning strikes are safe to touch and do not carry an electric charge).
- Initiate CPR on victims who are unconscious, not breathing or have no pulse. Use an automated external defibrillator (AED) if one is available.
- Evaluate the individual(s) for additional injuries, such as broken bones or dislocations. Notify EMS of the potential injuries when they arrive on the scene.

Under no circumstances should a player injured in a lightning strike return to the game or practice. Injured players should only be allowed to return to play after a thorough examination and release by a qualified physician.

Environmental Conditions link: [Environmental Conditions — Recognize to Recover](#)