

Severe Weather Position paper“**The 30-30 Rule**”

This position paper provides basic guidelines for dealing with lightning, windstorms, and other severe weather conditions. The peak season for severe weather occurs in the United States between May and August, typically in the late afternoon and early evening.

- **Recognizing the threat**
 - **Apply the 30-30 rule**

When you see lightning, count the time until you hear thunder. **If this time is 30 seconds or less**, seek proper shelter. If you can't see the lightning, just hearing the thunder is a good back-up rule. **Wait 30 minutes** or more after hearing the last thunder before leaving shelter.
 - **Know and heed warning systems** and community rules
Many communities or park systems have lightning detection and warning systems. Use this information and obey the rules established by the community or park system.
 - **Know and apply the rules or procedures** established by the competition authority
 - **Minimize the risk of being struck**
Referees must protect the safety of all participants by stopping game activities quickly, so that participants and spectators may retire to a safer place before the lightning threat becomes significant. Remember, if you can hear the thunder, you are within reach of lightning.

- **Seeking proper shelter**
 - No place outside is safe near thunderstorms
 - The best shelter is a large, fully enclosed, substantially constructed building. A vehicle with a solid metal roof and metal sides is a reasonable second choice.
 - If there is no proper shelter, avoid the most dangerous locations:
 - Higher elevations
 - Wide open areas, including fields
 - Tall isolated objects, such as trees, poles, or light posts.
 - Unprotected open buildings
 - Rain shelters
 - Bus stops
 - Metal fences and metal bleachers

- **If you cannot avoid these locations, crouch down on the balls of your feet, with your head tucked into your chest and your hands over your ears.**

- ***If someone is hit***
All deaths from lightning result from cardiac arrest and stopped breathing. CPR and mouth-to-mouth resuscitation, respectively, are

- the recommended first aid. Referees should become involved in such assistance only if they have proper training**
- **Remain calm.**
A calm official will often be able to prevent panic by young players.

NCAA Lightning Safety Policy

10 -10 Lightning Safety Policy

Play shall be suspended and seek shelter when lightning is 6 miles distant, or closer. In estimating distance of a lightning strike, use the "flash to bang" method. Count the seconds from the time lightning is sighted, until the accompanying thunderclap is heard. If the time is 30 seconds or less, the distance is 6 miles or less. Suspend play and seek shelter. Before resuming play, wait 30 minutes after the last lightning strike within the 6 mile limit.

Comment: This is a simple, practical guideline promulgated by the National Severe Storms Laboratory providing uniform standards based upon scientific research for this safety and liability issue.