

# POLICIES AND PROCEDURES

## HEALTH AND SAFETY

### Lightning Strike



#### **If you can see it, flee it; if you can hear it, clear it.**

Lightning is dangerous and has struck and killed footballers on the field. Please treat all thunder storms as serious. If you can hear thunder then the associated lightning are within auditory range, about 9.5km - 12.5km away. The distance from the origin of lightning to where it is can strike can also be 9.5km - 12.5km.

#### **SAFE evacuation sites at Seddon Fields include:**

- All outdoor metal objects like flag poles, fences and gates, high light poles, machinery
- AVOID trees, water, open fields, high ground
- If you feel your hair standing on end, and/or hear 'crackling noises" you are in lightning's electric field. If caught outside during close-in lightning, immediately remove metal objects (including baseball cap), place your feet together, duck your head, and crouch down low in baseball catcher's stance with hands on knees.

Wait a minimum of 30 minutes rom the last observed lightning or thunder before resuming activities.