

## LIGHTNING

In the case of lightning, follow the 30/30 rule.

- 1) Leave the field immediately if you hear thunder within 30 seconds of seeing lightning.
- 2) Wait 30 minutes after the last lightning before returning to the field.

### What To Do

- Take shelter in an **enclosed** building or in an **enclosed** vehicle (windows rolled up).
  - Do not take shelter in an open sided picnic shelter or in a convertible car.
- Stay away from metal fences, dugouts, light standards and bleachers. Avoid tall trees and overhead power lines.
- Do not carry metal objects (bats, umbrellas) and remove ball caps with metal buttons.

If you get caught outside and cannot find shelter:

- 1) remove your metal cleats.
- 2) squat down as low as possible and minimize the contact with the ground (balance on the balls of your feet in a catcher's stance) Do not lie down.

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### References

Environment Canada: <http://www.mb.ec.gc.ca/air/summersevere/ae00s19.en.html>

Canadian Lightning Detection Network:  
[http://www.weatheroffice.gc.ca/lightning/index\\_e.html?id=ON-GL#mapTop](http://www.weatheroffice.gc.ca/lightning/index_e.html?id=ON-GL#mapTop)

Softball Canada: <http://www.softball.ca/files/SCLightningPolicy.pdf>