



**Woodridge Soccer Association &  
Woodridge Storm Traveling Club**  
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## SEVERE WEATHER AND LIGHTNING GUIDELINES

Lightning is a violent act of nature and causes approximately 10 deaths per year in Illinois alone. In most instances, people injured by lightning are not directly hit. These non-direct hit injuries are caused by transients, currents that flow through people in the vicinity of lightning strikes to the ground. Lightning strikes occur most frequently during the spring and summer months when thunder storms are prevalent. It is a guideline of the Woodridge Park District that all persons supervising outdoor activities be aware that when lightning or thunder is observed or heard, outdoor programs should be suspended and everyone should seek appropriate shelter. Coaches, Trainers, Parents, Referees and Supervisors should adhere to the following procedures and guidelines:

### Section V: Weather Related Issues

- A. Weather Related Safety Guidelines - The WPD, WSA, and STSC are committed to protecting the safety of all players and spectators during play for both practices and games. Coaches, trainers, referees, managers, or supervising parents shall follow the 30/30 Lightning Safety Rule for approaching storms commonly referred to as the "Flash to Bang Count".
1. If threatening weather is imminent for games, Coaches have a responsibility of informing the head referee and opposing coaches of the STS's rule for lightning safety. If the referee or opponent coaches refuse to abide by the rule, the STS coach has a duty to protect and ensure the safety of those he/she is responsible for and shall follow the STS weather related safety guidelines. If threatening weather is imminent for practices, Coaches, Trainers, Managers, and Supervising Parents have a responsibility of conforming to the STS's rule for lightning safety.
  2. Go indoors if, whenever lightning is observed or thunder is audible, or you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
  3. Safer locations during thunderstorms and locations to avoid
    - a. No place is absolutely safe from the lightning threat; however, some places are safer than others.
    - b. In general, fully enclosed metal vehicles such as cars, trucks, buses, vans, fully enclosed farm vehicles, etc. with the windows rolled up provide good shelter from lightning. Avoid contact with metal or conducting surfaces outside or inside the vehicle.
    - c. AVOID being in or near high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, baseball dugouts, communications towers, flagpoles, light poles, bleachers (metal or wood), metal fences, convertibles, golf carts, water (ocean, lakes, swimming pools, rivers, etc.).
  4. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without the fear of repercussions or penalty from anyone.