

This Northwest SAY Soccer League policy is to be utilized for all games, friendly games, tryouts and practices involving all NW SAY soccer teams.

Lightning Safety Standards

- All thunderstorms produce lightning and are dangerous.
- Lightning often strikes as far as 10 miles away from any rainfall.
- You are in danger from lightning if you can hear thunder.
- You are in danger if you can see lightning
- Lightning injuries can lead to permanent disabilities or death.
- Look for dark cloud bases and increasing wind
- Blue Skies and Lightning. Lightning can travel sideways for up to 10 miles and strike when skies are blue.

Soccer fields are a dangerous place to be during a lightning storm. When lightning is seen or thunder is heard, or when dark threatening clouds are observed, quickly suspend the game and/or practice and move to a safe location.

Game Suspension Requirements

The safety of the player is paramount. In any of the circumstances outlined below the referee is to immediately suspend the game (immediately means when anyone of the following 3 items listed below occur -don't try to reach half time or end of game)

1. Listen for the sound of thunder. If you hear thunder, suspend the game and clear the field and have everyone immediately go to a safe shelter.
2. Watch for lightning. If you see lightning – suspend the game and clear the field and have everyone immediately go to a safe shelter.
3. If you see or hear a thunderstorm coming immediately suspend your game and immediately go to a safe shelter. Do not wait until it rains.

Do not retake the field or re-start the game until all of the lightning and thunder has left the area. This means that you have not seen any lightning or heard thunder for 30 minutes.

Everyone is to immediately move to a safe location. No one should stand in water or on wet field(s) as water is a good conductor of electricity. The safest locations are in cars (not convertibles) or buildings (not tents). Do not seek cover under trees as lightning strikes tall objects.