## SNOHOMISH LACROSSE CLUB

## Thunder/Lightning Interruption Policy

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of practices and games based on the presence of lightning and thunder. If practices or games are being conducted on multiple fields in the same location at the same time, the decision made on one field will be immediately communicated to the other field(s) and followed.

- If thunder is heard or a lightning bolt or flash is seen, suspend play and take shelter immediately.
- Immediately evacuate the playing field and stands and seek safe shelter. Safe shelter is defined as a solid building, such as covered area of the school, covered play yards or entryways. If none of these structures are available, a motor vehicle with metal roofs and the windows rolled up is a secondary choice.
- Follow the 30 minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming practice(s) or the game(s).
- Any subsequent thunder or lightning after the beginning of the 30 minute count, resets the clock and another 30 minutes count begins.
- If play is unable to resume after 1 hour, then the practice or game should be cancelled for the day and rescheduled. For tournaments, play can resume later the same day as conditions allow. Responsible persons can decide to cancel the practice or game earlier if needed.
- Players may take the field, and spectators may return to the stands, no sooner than 30 minutes after the last visible flash of lightning or sound of thunder.
- If possible, monitor the local weather conditions and plan accordingly if the possibility of thunder or lightning exists prior to the start of play.

The following policies were drafted after reviewing similar policies of the following organizations: USL, NFHS, NCAA and NATA.

