



Safety & Emergency Preparedness Program

Appendix C

Lightning Safety Guidelines

Purpose & Overview

Lightning is one of the leading causes of weather-related deaths in sports each year. Beth-Wood Baseball follows national safety recommendations to protect all players, coaches, and spectators from electrical storms. Every coach and umpire is responsible for monitoring weather conditions and acting immediately when danger is present.

Recognizing Lightning Threats

- **30/30 Rule:** If thunder follows lightning within 30 seconds, play must stop immediately.
 - **Observation:** Darkening clouds, increasing wind, or distant thunder indicate the need to prepare to suspend play.
 - **Technology:** Use weather-alert apps or NOAA radio for live storm tracking.
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Suspending Play

1. Stop all games and practices the moment thunder is heard or lightning is seen.
2. Announce suspension clearly so all fields follow the same protocol.
3. Players and spectators must evacuate to a **safe shelter** immediately:
 - Fully enclosed **buildings** with wiring and plumbing, or
 - Fully enclosed **vehicles** with windows up.
4. Avoid: dugouts, bleachers, open fields, metal fences, trees, and tents.

5. Remain under shelter **at least 30 minutes** after the last observed thunder or lightning before resuming play.
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During Shelter-in-Place

- Stay off phones with cords or wired electronics.
 - Do not lean on metal or concrete walls.
 - Keep teams calm and accounted for.
 - Encourage hydration and communication with parents if delays extend.
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If Someone Is Struck by Lightning

- **Call 911 immediately.**
 - Move the person to a safe area.
 - **Begin CPR** and use an **AED** as soon as possible – lightning victims do not carry electrical charge.
 - Continue care until EMS arrives.
 - Notify league officials and complete an Injury Report Form within 48 hours.
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Responsibilities

- **Head Coach:** Monitor weather, make suspension decisions, and coordinate team safety.
 - **Umpires:** Reinforce suspension decisions and enforce field clearance.
 - **Parents & Spectators:** Follow instructions promptly and do not remain in unsafe areas.
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Resuming Play

- Wait at least **30 minutes** after the last thunder or lightning.
 - Confirm with both coaches and umpires before returning to the field.
 - When in doubt — **call it off.**
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Link to National Guidelines

 [NOAA Lightning Safety Guidelines \(2024\)](#)

Sources (2023 – 2025 updates)

- **NOAA.** *Lightning Safety Guidelines* (2024).
- **Little League Baseball.** *Weather Safety Guidelines* (2023).
- **Babe Ruth League.** *Lightning Safety Procedures* (2024).