



"To be the best place to play Hockey in New Zealand"

HOCKEY NORTHLAND – THUNDER & LIGHTNING POLICY

Introduction

To ensure the safety of members, this policy was created in an attempt to provide protection in the case of the presence of thunder and lightning.

Hockey Northland has adopted the **30/30 rule** in the case of Lightning Safety.

The 30/30 rule is to be applied as follows

- If the time between the first sighting of lightning and the subsequent hearing of thunder, is less than 30 seconds, leave the field of play IMMEDIATELY and find sufficient shelter (30 seconds = 10km away).
- Sufficient shelter includes:
 - Large buildings away from doorways / windows
 - Cars with your windows closed will suffice if necessary. Avoid contact with anything that links to the external part of the vehicle (i.e. steering wheel, ignition, radio and / or keys)
- Poor shelter includes:
 - Team dugouts
 - Close to floodlight towers
- Remain sheltered for at least 30 minutes after the last sighting of lightning or sound of thunder.

****For partially completed games, please refer to the Club Council Policy to determine how a partially completed game should be treated.**



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Safety Tips

- Keep a safe distance from tall objects such as trees, hilltops, and telephone poles.
- Stay away from objects that conduct electricity, such as metal fences, bats, golf clubs, and bicycles.
- If you are in a group in the open, spread out, keeping people several meters apart.
- If caught in a field far from shelter and you feel your hair stand on end, lightning may be about to hit you. Crouch on the ground immediately, with feet together, placing your hands on your knees and bending forward. **DO NOT LIE FLAT.**

Lightning Strike Victim Care

- Lightning strike victims do not carry a charge and are safe to assess.
- The first rule of CPR, make sure the scene is safe, applies. If need be, move the victim to a safe location.
- It has been demonstrated that there is a high success rate of resuscitating lightning strike victims using CPR. Thus, it is imperative to treat the "apparently dead" first by promptly initiating CPR.
- Secondary survey should include evaluating and treating these common injuries from lightning strikes: hypothermia, shock, fractures, and burns.

Resources

Hockey Australia, Hockey NSW, FIH, Ottawa Carleton Ultimate Association

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