Source: National Athletic Trainers' Association
Infographic from the National Athletic Trainers' Association

LIGHTNING

DO's & DON'Ts

Late spring to early fall is peak outdoor sports season, and lightning is most common then, too. About 25 million lightning flashes reach the ground in the United States each year, making lightning the most dangerous and most frequent thunderstorm hazard. Follow these lightning do's and don'ts to stay active and safe outdoors.

- ✓ **DO** set a chain of command and decide who has authority to take players off the field.
- ✓ **DO** assign someone to watch local weather conditions.
- ✗ **DON'T** forget: lightning is most common from afternoon through early evening.
- ✓ **DO** delay outdoor activities when a thunderstorm is approaching.
- ✓ **DO** choose a safe, enclosed building, such as a school, field house, library or other habitable building, for shelter.
- ✓ **DO** shelter in a fully enclosed metal vehicle, like a school bus, car or van.
- ✗ **DON'T** shelter in open picnic, park, sun, bus or rain shelters, storage sheds, tents, dugouts, refreshment stands, screened porches, press boxes or open garages.



- ✓ **DO** avoid showers, sinks, locker rooms, indoor pools, appliances and electronics.
- ✗ **DON'T** stay near open water, on high ground or beneath tall objects such as trees, poles or towers.
- ✓ **DO** let anyone who feels unsafe wait for the storm to pass indoors.
- ✗ **DON'T** restart activities until 30 minutes after both the last lightning flash and the last sound of thunder.
- ✓ **DO** call EMS for anyone injured by lightning.
- ✓ **DO** carefully move victims indoors if needed.
- ✗ **DON'T** believe the myths: lightning victims hold no charge and are safe to touch.
- ✓ **DO** assess airway, breathing and circulation; start CPR if needed.