**Lightning Safety**

Electrical storms and the presence of lightning is difficult to predict and can be localised in nature.

The following guideline (which applies to all Senior, Junior, Veteran and representative matches) is

to assist match leaders (umpires, captains and junior coaches/managers) to make a duty of care

decision when faced with weather conditions causing lightning within the proximity of active cricket

matches.

(a) If lightning and thunder (flash to bang) are separated by a period of time of less than 30

seconds, then the lightning is close enough (within 10km) to be a threat. Match leaders

are advised to immediately suspend play and all players and officials are to move to SAFE

areas. Common sense should also prevail. If lightning is observed in your vicinity, leave the

field. Do not hesitate to take the initiative and lead your players off even if the opposition

and/or umpires do not agree.

**SAFER AREAS DURING A LIGHTNING EVENT**

• Enclosed vehicles with windows closed (car, van, bus or similar)

• Substantial enclosed buildings

• Low ground, sheltering in clumps of low bushes

• Trees of uniform height, e.g. forest or large group of trees

**UNSAFE AREAS INCLUDE:**

* High ground
* Open ground
* Water
* Isolated or tall trees
* Near outdoor metal structures such as fences, gates, poles, seating
* Insubstantial structures such as shade shelters and picnic sheds

(b) A period of 30 minutes should elapse before play is resumed, that is, after seeing the last

lightning flash, wait 30 minutes before leaving shelter. If during this time lightning is again

observed, the 30 minutes starts again.

**First Aid**

Victims of lightning strikes are safe to handle- they do not “retain charge”. First aiders must ensure they do not become another casualty- move the victim to a safer location. Effects of lightning strike

include cardiac and respiratory arrest caused by disruption of the brains’ control centres. CPR or

EAR should be given as required. It is important that even people who show no symptoms

immediately after the strike receive medical attention as some effects may not be immediately

obvious.