

Lightning Procedures

1. In the event of inclement weather, such as suspected thunder being heard, the lifeguard on duty or Scuba instructor should check the Weather Bug app on their phone to determine lightning proximity. The Spark section of the app will show the nearest lightning strike in the area.
2. If a lightning strike has been detected within 30 miles, the lifeguard and/or Scuba instructor will be on watch status. This means the individual should check back on the nearest lightning strike every 10 minutes.
3. If a lightning strike is detected within 8 miles, all activities at the pool must stop and everyone in the area should be moved to a safe area (inside a building).
4. Activity may not resume until 30 minutes have passed since the last lightning strike inside the 8 mile radius.

In the event technology is not available to help detect lightning proximity, use the chart below:

If Thunder is heard	The Lightning is...
5 seconds after a Flash	1 mile away
10 seconds after a Flash	2 miles away
15 seconds after a Flash	3 miles away
20 seconds after a Flash	4 miles away
25 seconds after a Flash	5 miles away

30 seconds after a Flash

6 miles away

35 seconds after a Flash

7 miles away

40 seconds after a Flash

8 miles away

Because lightning can strike up to 10 miles from a storm, you should seek safe shelter as soon as you hear thunder or see lightning. Get to a safe location if the time between the lightning flash and the rumble of thunder is 30 seconds or less.

These procedures are based upon best practices from NOAA and the NCAA.

NOAA: <http://www.lightningsafety.noaa.gov/sports.htm>

NCAA: <http://www.ncaa.org/health-and-safety/lighting-safety>