

What to Do in the Event of Thunder or Lightning

In the event of thunder or lightning, coaches should:

- Clear everyone from the water at the first sound of thunder or first sight of lightning. Move everyone to a safe area- inside if possible. Swimmers and parents can be sent to cars to shelter there if no other safe facility is available.
- Keep swimmers, parents and staff out of showers and locker rooms during a thunderstorm. Water and metal can conduct electricity.
- Refrain from using a telephone connected to a landline except in an emergency.
- Keep everyone away from windows and metal objects (e.g., door frames, lockers, bleachers).
- Keep watching for more storms and monitor weather reports on a broadcast radio or weather radio. The Weatherbug app offers Real-time, Minute-by-Minute, Mile-by-Mile Lightning Monitoring. Wait 30 minutes after both the last sound of thunder and last flash of lightning is at least six miles away and moving away from the venue before resuming swim.