

CUPA Lightning Policy (V0.9 – 1/13/2014)

- Lightning can be a significant threat to the safety of participants in outdoor athletic events like Ultimate. The odds of being struck by lightning are significantly reduced when proper safety precautions are taken. The following preventative steps should be taken by CUPA event coordinators in an effort to maintain the safety of participants and spectators.
- The tournament or league director, or his/her designee is responsible for watching for a potential lightning threat and will make the call to stop play and send individuals to safety.
- A horn or other appropriate means will be used to communicate to participants and spectators if there is a lightning delay.
- At the first sight of lightning or at the first sound of thunder, play will be stopped, and all players and spectators must go to a safe shelter.
- Safe shelter includes the following:
 - First choice: Any frequently used building with electrical wiring and plumbing facilities which will help to ground the structure. Shower facilities should be avoided. Showers and other plumbing facilities should not be used during a storm event.
 - Second choice: Any fully enclosed vehicle with a hard top and closed windows. It is not the rubber tires that protect the occupants from a lightning strike, but the hard metal framework which dissipates the electric charge around the vehicle. It is important to not touch the sides of the vehicle.
 - An open sided shelter is not as safe a vehicle, and should only be used if vehicles are not nearby.
- **Wait at least 30 minutes after the last flash of lightning or sound of thunder before resuming play.**
- If you can't get to a safe shelter, try to avoid being the tallest object in an open field or on open water. Avoid other tall objects, metal objects, and water. Assume a crouch position with only the balls of your feet touching the ground, your arms wrapped around your knees, and your head lowered. Minimize contact with the ground. Do not lie flat.
- If someone is struck by lightning, observe the following procedures:
 - Survey the scene for safety
 - Call 911
 - Lightning victims are safe to touch. They do not carry a charge.
 - If necessary, move victim carefully to a safer location.
 - Evaluate airway, breathing and circulation. Begin CPR if necessary.
 - Evaluate and treat for hypothermia, shock, fractures, and/or burns