

Weather-Ready Coaching

Lightning Safety

Lightning is a serious risk during outdoor sport. Strikes can happen fast and cause life-threatening injuries, even when storms seem far away. Coaches need to act early to keep participants safe during stormy weather.

 Understanding the weather helps coaches to spot risks, plan ahead, and act quickly to keep everyone safe.

Be Prepared



Check ahead

Consult the **Lightning Map** by turning on the Lightning layer on Canada.ca/weather or the WeatherCAN app before outdoor activities.



Be aware

Teach lightning safety to your participants and staff before the season and before outdoor events.



Assign a spotter

If thunderstorms are possible, designate someone to monitor the Lightning Map during practice or events.



Have a back-up plan

List safe shelters (buildings, hard-topped cars) in your **Practice Plan**.

Monitor

The Lightning Map shows where lightning is happening in real time.



Each brown circle represents actual lightning strikes. The larger the circle, the more strikes there are at that location.

Legend

- 1-5 strikes
- 6-25 strikes
- 26-100 strikes
- 101+ strikes

Take Action

Modify



When thunder roars, go indoors!
Delay, pause or stop when lightning risk is present.

Move



Find a safe shelter; use fully enclosed buildings or hard-topped car. Watch for downed power lines touching vehicles.

Wait



There is no safe place outdoors during a thunderstorm. Once in a safe location, wait 30 minutes after the last rumble of thunder before your restart.

If caught outside



- **Avoid** tall objects and open fields
 - **Avoid** conductive objects (metal fences, goal or net posts, golf carts, bikes).
 - **Do not be the highest point** - this includes swinging a golf club or opening an umbrella.
 - **Avoid** water; stop boating or swimming and head to shore.
 - If no building or vehicle is available, go to a low area away from single tall trees.
- Watch for flash flooding.**

This project was undertaken in partnership with the Government of Canada.

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Download the WeatherCAN app or visit Canada.ca/weather for local, up-to-date weather information in Canada.

