

CENTRAL CAROLINA SOCCER CLUB INCLEMENT WEATHER & LIGHTENING POLICY

WEATHER HOTLINE: 332-0082

Players and parents should make a habit of checking the Central Carolina Soccer/YMCA Weather Hotline by 3:30 p.m. on the days of scheduled practice sessions.

If there is no message specific to that day's events, please come to your game or practice session as planned.

Occasionally, developing weather conditions will cause staff to cancel practice on site. Please understand that CCSC does not take canceling sessions lightly, however its primary concern is for the players' safety. If severe weather threatens or the fields are soggy and create dangerous field play, CCSC staff will cancel sessions. Parents need to be aware of the potential impact of weather and be available to pick up their player promptly if a session is called off during training. Practice sessions typically will not be extended to make up for lost time; if players are called off the field with 30 minutes of practice or less remaining, they should be released for the evening.

Because our area is particularly susceptible to afternoon lightning and thunderstorms, coaches and staff will abide by the following procedures:

- Practice will be delayed by a minimum of 30 minutes if the flash of lightning and its thunderclap occur within 30 seconds *or less* of one another. Practice will not resume until 30 minutes after the last sound of thunder.
- Players will be told to leave the field for safe shelter that includes sturdy buildings or inside a hard-top vehicle with windows closed. **AVOID:** Isolated trees or other tall objects, bodies of water, sheds, fences, convertibles, tractors, bikes and motorcycles. Avoid leaning against vehicles.
- If lightning threatens and a player cannot reach suitable shelter, he or she should assume a lightning-safe position: crouch on the ground with weight on the balls of the feet, keeping feet together and the head lowered and ears covered. Assume this position if you feel your hair stand on end, your skin tingle, or you hear crackling noises. Never lie flat on the ground.
- **Do not stay in a group.** Stay several yards away from other people. Don't share a bleacher bench or huddle with other players.

First Aid for Lightning Strikes

- **Call 9-1-1.** Get medical attention as quickly as possible.
- **If the victim has stopped breathing, begin rescue breathing.** If the heart has stopped beating, a trained person should give CPR. If the person has a pulse and is breathing, address any other injuries.
- **Check for burns in two places.** The injured person has received an electric shock and may be burned, both where struck and where the electricity left their body. Being struck by lightning can also cause nervous system damage, broken bones, and loss of hearing or eyesight. People struck by lightning carry no electrical charge and cannot shock other people.

Lightning is the most dangerous and frequently encountered weather hazard that most people face each year. According to the latest research, there are approximately 25 million cloud-to-ground lightning strikes in the United States each year resulting in nearly 100 deaths and 500 injuries. Most incidents occur between May and September, and nearly 80 percent occur between 10 a.m. and 7 p.m. Lightning-strike casualties during sports and recreational activities have risen alarmingly in recent decades and occur most often on Sunday and Saturday, respectively, which coincides with the time that most outdoor-sports activities occur.

Coaches who do not abide this policy will be brought before the board to answer for their actions and reasoning behind not following this policy.