

FOR OUTDOOR ACTIVITIES

PLAN AHEAD. If thunderstorms are in the forecast, consider postponing outdoor activities.

WATCH THE SKY. Make sure you, or someone in your group, monitor current weather conditions. Look for approaching dark clouds and changes in the sky.

COACHES AND OFFICIALS NEED A SAFETY PLAN. Outdoor events are very susceptible to lightning strikes because these activities take place in open areas. If you or your children are involved in outdoor recreational activities, verify that scout leaders, coaches, umpires, referees and camp counselors have guidelines for postponing outdoor events **BEFORE** thunderstorms approach.

WHEN THUNDER ROARS, GO INDOORS. When you can hear thunder, you are close enough to the storm to be struck by lightning, even if it isn't raining. Get indoors immediately. Once indoors, stay there for 30 minutes after hearing the last rumble of thunder before resuming outdoor activities.

REMEMBER: this is a guideline...and is not as useful if the thunderstorm is actually forming overhead. The first strike of lightning may occur very near you. You won't have the ability to "hear it coming." So remember to keep an "eye on the sky" if clouds begin to build and darken.

GET AWAY FROM WATER. Stop activities in or near water, such as swimming, boating, fishing and camping, and seek a substantial shelter.

LIGHTNING SAFETY TIPS

- The best shelter from lightning is inside a substantial building with the windows and doors closed.
- If no substantial shelter is available, seek refuge in a hard-topped vehicle, with the windows closed.
- **Avoid** carports, porches, garages, sheds, tents, baseball dugouts, under bleachers or any rain shelter that does not have windows and doors that can be closed.
- If there is no safe shelter anywhere nearby, seek lower elevation areas away from trees, metallic objects and bodies of water. Stay away from trees, electrical poles or other tall objects.