



## **INTRODUCTION**

**Lightning poses a real risk to life and is taken seriously by Football Development East.**

**In the event of lightning during an fde. activity we use the “30 for 30” rule which is considered to be the best safety guidance for the general public.**

**The 30 for 30 rule states: When You See Lightning, Count The Time Until You Hear Thunder. If That Is 30 Seconds Or Less, The Thunderstorm Is Close Enough To Be Dangerous – Seek Shelter (if you can’t see the lightning, just hearing the thunder is a good back-up rule). Wait 30 Minutes Or More After The Lightning Flash Before Leaving Shelter.**

**The lead coach of the session will cancel/postpone any session immediately where he/she feels lightning is a clear and obvious risk to participants.**