



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 any session immediately where he/she feels lightning is a clear and obvious risk to participants.