

SACAC

Lightning Policy

Living in Singapore we are uniquely positioned closest to the equator and as result have a unique weather climate making it favorable for the production of lightning producing thunder clouds. Singapore has the highest rate of Lightning activity in the world. There is an average of 171 Thunderstorms per calendar year in Singapore, most occurring between the hours of 2pm and 6pm and lasting an average of 1-1.5 hours.

SACAC has developed a lightning policy to decrease the risk of injury from resultant lightning strikes to SACAC athletes, coaches, support staff, parents and spectators. Our policy was developed using the recommendations and guidelines provided by the NEA (National Environmental Agency), SAS Lightning Protocol, NOAA Lightning safety guidelines, NFHS (National Federation of High School) and NATA (National Athletic Trainers Association) in regards to lightning safety.

MEANS OF MONITORING WEATHER

(There is no one recommended method of monitoring Lightning. It is the responsibility of all those involved in youth sports to utilize best judgment and employ all means of monitoring lightning when appropriate).

1. Lightning Detection System

- SAS has employed a lightning Detection System (cloud to ground discharges) that is in turned on from 0700 to 2200 daily and located at the stadium grandstand.
- A siren will activate simultaneously with the flashing red strobe light when lightning is detected within a 6 mile radius. At this time all participants must evacuate playing fields to Safe Shelter immediately.
- A 60 second Siren and Flashing strobe light will be activated when the lightning probability is high in the immediate area. IMMEDIATE evacuation to safe shelter is necessitated.
- ALL CLEAR – a siren of three cycles (five seconds on, three seconds off) will sound and strobe light will stop when it is safe for return to play.

2. 30-30 RULE –Flash to Bang

- Count the number of seconds from the time the lightning “flash” is sighted and when you hear the first clap of thunder “bang”.
- Divide this number by 5 to obtain an approximate distance of the storm.
- E.g. If 20 seconds is counted between seeing the “flash” and hearing the “bang”, 20 is divided by 5 equaling 4. Therefore, the lightning is approximately 4 miles away.
- Every 5 seconds is approximately 1 mile
- If the time counted between the “flash” and “bang” is 30 seconds or less, all participants immediately evacuate playing fields to Safe Shelter.
- No return to Play will resume for 30 minutes following the last “Flash”

3. Singapore Weather Information Data System

- To clarify and ascertain current Lightning data you can reach the MET at 6282-6821 for lightning Status update
- Category 1 means- high probability of a lightning strike
- *SAS facilities and Fields fall under Sector 6, 10 North and 10 South*

SAFE SHELTER

PLEASE NOTE the Baseball and Softball fields located above the turf fields **DO NOT** have adequate safe shelter nearby. **Any** imminent threat of lightning should be heeded to allow ample time to evacuate to stadium tunnels and restroom facilities at stadium stands. Additionally:

- Fully enclosed metal vehicles with windows up
- Substantial buildings: school, gymnasiums
- Restroom Facilities, Concession Stand, Baseball Shed, Stadium Tunnels

UNSAFE SHELTER

- Baseball/softball dugouts, pools
- Metal Bleachers, metal fences, poles or any metal structure
- Open Playing fields, under trees

IF NO SAFE SHELTER IS AVAILABLE

- If lightning is imminent and you cannot seek shelter you sometimes have a few seconds of warning:
 1. Your Hair may stand on end
 2. Your Skin will tingle
 3. Light metal objects will vibrate or you will hear a crackling sound
- Avoid tall trees, metal bleachers, open fields, standing water or large metal poles and move to lowest ground
 1. Spread out several body lengths between each person
 - a. **Assume Lightning Crouch Position** :
Put your feet together, squat down, tuck your head and cover your ears
 - b. When immediate threat is over evacuate to safest location available

SUSPENSION AND RESUMPTION of PLAY CRITERIA

- All activity is suspended for the duration of the Siren until all clear and/or the Flash/Bang ratio is 30 seconds or less
- If lightning is spotted during the 30 minute waiting period the 30 minute delay starts over again
- Flash/Bang should be used in conjunction with the lightning detector as well as local weather reports to make a safe decision for return to Play
- It is the responsibility of Coaches, SACAC staff, and adult Officials to follow the guidelines and use best judgment when determining suspension or resumption of play in relation to the criteria stated above
- SACAC Sports will adhere to a 60 minute weather delay of Game before Cancellations of activity

LIGHTNING STRIKE EMERGENCY CARE

- Activate Emergency Action Plan
- **Do Not** Use land lines during storm, Cellular phones are safer to use
- Lightning strike victims **DO NOT** carry a charge and are safe to assess
- Make sure the victim is in a safe location and begin first aid: CPR, rescue breathing, AED, until EMS arrives

The responsibility of providing our athletes with a safe playing environment relies solely on the implementation and enforcement of these policies by all SACAC staff, volunteers, coaches, administrators, athletes, parents and SAS support staff. The athletes THANK YOU!