



Thunder & Lightning Safety Policy

Purpose:

To ensure the safety of all children, staff, and volunteers during outdoor sports sessions in the event of thunderstorms and lightning.

1. Scope

This policy applies to **any outdoor sports sessions** run by Just Play Sports.

2. Policy Statement

Just Play Sports is committed to providing a safe environment for all participants. Exposure to lightning and thunder presents a serious risk of injury. Therefore:

- Outdoor activities will be **immediately suspended** if lightning is observed or thunder is heard.
- Activities may only **resume after a minimum 30 minutes** has passed since the last observed lightning or thunder.
- Coaches and staff will follow this policy without exception.

3. Procedures

3.1 Monitoring Weather

- Check weather forecasts before all outdoor sessions.
- Assign a designated staff member to monitor real-time weather conditions during sessions.

3.2 Recognising Dangerous Conditions

- **Lightning:** Visible flashes of light in the sky.
- **Thunder:** Audible sound of lightning.
- **Proximity Rule:** If thunder is heard, the storm is within a dangerous range (approx. 10 miles / 16 km). Stop activity immediately.

3.3 Stopping Activities

- On seeing lightning or hearing thunder, coaches must **immediately halt all activity**.
- Children must be **instructed to move calmly to safe shelter**.

3.4 Safe Shelter

- Children should go **inside a building**.

Do NOT use:

- Open-sided shelters, tents, gazebos, or trees.

3.5 30-Minute Rule

- Count **30 minutes from the last observed lightning or sound of thunder** before resuming outdoor activities.
- If lightning or thunder occurs within this 30-minute period, **reset the timer** and wait another 30 minutes.

3.6 Communication

- Inform parents/carers if sessions are delayed or cancelled.
- Staff must have access to emergency contact numbers.

4. References & Guidance

- UK Health & Safety Executive – [Health and Safety Advice for Schools](#)
- National Sporting Bodies – Thunder & Lightning Safety Guidelines
- “Flash-to-Bang” Rule: Count seconds between lightning and thunder to gauge storm proximity.

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Position: Director

Signed: Jack Dillon