



## LIGHTNING AND THUNDER

The presence of lightning and thunder can be a serious hazard while on the soccer pitch. Please review the following precautionary guidelines so there is no hesitation when bad weather intereferes with your game or practice.

- Lightning can strike as far as 10 miles from where it is raining.
- When thunder is heard it is within striking distance. Cease all games and/or practices, and seek shelter immediately.
- Restart games after no thunder has ben heard for 30 minutes.