

**Upper Milford Youth Association**  
**Thunder and Lightning Safety Protocol**  
**SEE-HEAR-CLEAR**

**Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away.** This activity must be treated as an alert signal to athletics personnel.

**UMYA Lightning Guidelines for Coaches**

Here are guidelines of the dangers of lightning and the methods on how to respond to lightning once it has been detected near your athletic field. Please read and review this document with your staff. In short, the following is the guidelines for all **UMYA Coaches** to follow in the event that lightning is detected within the vicinity of your field:

- **Prior to game/practice, check forecast and radar before going to the game field to get the latest update of the weather and its location to your field of play.**
- **UMYA will strictly adhere to the “If you see it, flee it. If you hear it, clear it” protocol.**
- **Once Lightning or Thunder is witnessed, field should be cleared and everyone shall find shelter in a safe structure.**
- **DUGOUT/PAVILONS are NOT safe structures. For the majority of fields, the primary safe structure will be a vehicle.**
- **Once the game/practice has been stopped because of lightning, you may only take the field again for practice/game after 20 minutes have gone by without seeing any lightning or hear any thunder within the vicinity of your field.**
- **NO LIGHTNING SAFETY GUIDELINES CAN GUARANTEE ABSOLUTE SAFETY. IT IS THE RESPONSIBILITY OF EVERY PERSON TO BE AWARE OF WEATHER CONDITIONS AND TAKE APPROPRIATE ACTION TO BE SAFE. USE COMMON SENSE AND GOOD JUDGEMENT. PLAN AHEAD AND MAKE SAFETY YOUR NUMBER ONE PRIORITY.**

Teach your players: If you see it, flee it. If you hear it, clear it.