

Hockey NSW wish to outline guidelines for avoiding being hit by lightning while playing or being involved in sport.

Statistics have shown that people participating in sports such as cricket hockey or golf are at risk of being struck and killed by lightning.

The *2009 Hockey NSW State Championship Rules* outline the Lightning Safety Code in clause 21:

21. LIGHTNING SAFETY CODE

- 21.1 The Lightning Safety Code adopted by Hockey NSW applies to all championships.*
- 21.2 The lightning safety code is based on the 30/30 rule which calls for play to be stopped when the lightning/thunder ratio reaches 30 seconds or less. i.e. the time between when the lightning is seen and the thunder is heard is 30 seconds or less. This means that the lightning is 10 km away and the next strike has a "significant risk" of hitting the people who have seen the lightning and heard the thunder.*
- 21.3 Play should not commence until 30 minutes after the last lightning strike and thunder.*

Hockey NSW strongly recommends that all associations adopt this policy for the protection of all members.