

**SHOALHAVEN  
HOCKEY  
INC**



**LIGHTNING SAFETY CODE**

The Centre for Sports Medicine and Research Education has released guidelines for avoiding being hit by lightning while playing, or being involved in, sport.

**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.**

**Play should not commence until 30 minutes after the last lightning strike and thunder.**

Statistics show that 25% of people killed by lightning are playing sports like cricket, hockey or golf.

**Issued by the Hockey NSW Joint Officiating Committee – April 2004  
Adopted by Shoalhaven Hockey Inc on 5th April, 2004**