



WELLINGTON HOCKEY THUNDER AND LIGHTNING PROCEDURE

Introduction

The care and well-being of our Hockey whanau is paramount. To ensure the safety of our hockey communities during the presence of thunder and lightning, Hockey New Zealand (HNZ) recommends the **20/20 rule** be adopted.

The 20/20 rule to be applied is as follows:

- a. Hockey New Zealand's recommended guideline to Associations is to halt activity on the field of play if timing between the first sighting of lightning and the subsequent hearing of thunder is less than **20 seconds**. Everyone at the venue, including participants and spectators, must leave the field of play **IMMEDIATELY** and find sufficient shelter.
- b. Sufficient shelter includes:
 - Large buildings away from doorways / windows.
 - Cars with your windows closed will suffice if necessary. Avoid contact with anything that links to the external part of the vehicle (i.e., steering wheel, ignition, radio and / or keys).
- c. Poor shelter includes:
 - Team dugouts.
 - Close to floodlight towers or hockey goals.
- d. Remain sheltered for at least 20 minutes after the last sighting of lightning or sound of thunder.

Safety Tips

- a. Keep a safe distance from tall objects such as trees, hilltops, and telephone poles.
- b. Stay away from objects that conduct electricity, such as metal fences, bats, golf clubs, and bicycles.
- c. If you are in a group in the open, spread out, keeping people several metres apart.
- d. If caught in a field far from shelter and you feel your hair stand on end, lightning may be about to hit you. Crouch on the ground immediately, with feet together, placing your hands on your knees and bending forward. **DO NOT LIE FLAT.**

Lightning Strike Victim Care

- a. Lightning strike victims do not carry a charge and are safe to assess.
- b. The first rule of CPR, make sure the scene is safe, applies. If need be, move the victim to a safe location.
- c. It has been demonstrated that there is a high success rate of resuscitating lightning strike victims using CPR. Thus, it is imperative to treat the "apparently lifeless" first by promptly initiating CPR.
- d. Secondary assessments should include evaluating and treating these common injuries from lightning strikes: hypothermia, shock, fractures, and burns.

Partially Completed Games and /or Restart of an Interrupted Match

For partially completed games, please refer to the local Association policy together with the rules and regulations for the relevant competition to determine how a partially completed game should be treated.