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# Blue Notes

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## When Lightning Roars, go Indoors!

### STATISTICS

- In Canada, there are approximately 10 lightning fatalities annually.
- In Canada, approximately 100-150 people are injured by lightning

### SAFETY

- Keep a safe distance from tall objects (trees, hills, poles)
- Stay away from objects that conduct electricity (metal fences, metal bats)
- Avoid being the highest point in an open area
- If caught in a level field far from shelter, and you feel your hair stand on end, immediately kneel on the ground with your feet together placing your hands on your knees and bend forward.
- If you are in a group in the open, spread out keeping people several metres apart

### 30-30 RULE

- If you can count less than 30 seconds between the lightning and the thunder immediately seek shelter. Remain sheltered for 30 minutes after the last thunder is heard.

*Each second represents approximately 300 metres. Counting less than 30 seconds between the lightning strike and the thunder, indicates the storm is less than 10 km away. There is an 80 percent chance the next strike will happen within that 10 km.*



Remember, lightning time can be any time. Umpires should always exercise caution and safety.

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### MYTHS

1. If it is not raining, there is no danger from lightning.
  - *Lightning often strikes outside of heavy rain and may occur more than 16 km away from a storm.*
2. People who are struck by lightning carry an electrical charge and should not be touched.
  - *Victims struck by lightning carry no electrical charge and should be attended to immediately.*
3. The rubber soles of your shoes or rubber tires on a car will protect you from being struck by lightning.
  - *Shoes provide no protection from lightning.*
  - *A vehicle does not provide absolute protection, you are much safer inside than outside in lightning.*

