



## Lightning Safety and Severe Weather

IMPORTANT NOTE: Match Officials have the final say over delaying or restarting a match due to severe weather.

Continuing matches or resuming too quickly after a storm can result in serious injury or loss of life.

### When to pause or delay the game?

As soon as you hear thunder it is required to stop play and seek shelter.

\* As soon as you hear thunder there is the possibility of being struck by lightning.

### Where to go during a storm?

A safe location is considered a fully sheltered building. If no building is accessible a vehicle is a safe option. If caught outdoors, take shelter in a low lying area. Avoid trees or tall objects.

### When to restart the game?

It is safe to resume the game **30 minutes** after the last sound of thunder.

**WHEN THUNDER ROARS, GO INDOORS!**



**IF AIR QUALITY  
HEALTH INDEX IS "7"  
OR HIGHER - GAMES  
SHOULD BE DELAYED  
OR RESCHEDULED**



## **AIR AWARE : Air Quality Monitoring Guidelines**

**IMPORTANT NOTE:** The Match Official reserves the right to cancel the game if the conditions are considered dangerous, in the Match Official's opinion.

### **Games**

If the affiliated member has not cancelled games in advance all teams and match officials should arrive ready to play. If the AQHI is at "7" at the next calculation the match official should consider delaying or cancelling the game. If the game is cancelled it is required to write on the game sheet; the reason for abandonment with Index Calculation, time & date and AQHI station used.

### **Practices**

If the AQHI is "3" or below continue with training as normal

If the AQHI is "4-6" adjust practice by doing the following:

- Reducing intensity
- Reducing the duration
- Provide resting periods

If the AQHI is "7" or above practices should be rescheduled

**To check the AQHI in your area visit:**

**<http://environment.alberta.ca/apps/aqhi/aqhi.aspx>**

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