

# Lightning Safety and Severe Weather



## When to pause or delay the game?

As soon as you hear thunder, you must stop playing and seek shelter to eliminate the risk of being struck by lightning.

## Where to go during a storm?

If a fully-sheltered building is available, this should be your first choice. If this isn't possible, a vehicle is a safe second option. If caught outdoors, take shelter in a low lying area and avoid trees or tall objects.

## When to restart the game?

You may resume the game 30 minutes after the last sound of thunder.

## 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 THUNDER ROARS, GO INDOORS!**

# AIR AWARE : Air Quality Monitoring Guidelines

**IMPORTANT NOTE:** The Match Official reserves the right to cancel the game if they consider the conditions dangerous.

## 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 must be written on the game sheet with the reason for abandonment stating the Index Calculation, time & date and AQHI station used.

## Practices

If the AQHI is "3" or below, continue 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

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**To check the AQHI in your area visit search online for:  
"Government of Alberta Air Quality Health Index"**

