



CITY OF CAMPBELL RIVER

PARKS, RECREATION & CULTURE DEPARTMENT

LIGHTNING AND THUNDERSTORMS PROCEDURE

About Lightning and Thunderstorms:

- Wait 30 minutes after the last lightning strike in a severe storm before venturing outside again.
- If you are caught in the open, do not lie flat. Crouch down with your feet close together and your head down (the "leap-frog" position). By minimizing your contact with the ground, you reduce the risk of being electrocuted by a ground charge.
- If you are outdoors when a thunderstorm hits, take shelter immediately, preferably in a building but, failing this, in a depressed area such as a ditch, culvert or cave. Never go under a tree.
- Do not use your cell phone.

To judge how close lightning is, count the seconds between the flash and the thunder clap. Each second represents about 300 metres. If you can count less than 30 seconds between the lightning strike and the thunder, the storm is less than 10 km away and there is an 80 percent chance the next strike will happen within that 10 km. If you count less than 30 seconds, take shelter, preferably in a house or all-metal automobile (not a convertible top) or in a low-lying area.

Lightning may strike several kilometres away from the parent cloud and precautions should be taken even if the thunderstorm is not directly overhead.

PROCEDURE - The 30-30 rule

- Take appropriate shelter when you can count 30 seconds or less between lightning and thunder.
- Remain sheltered for 30 minutes after the last thunder.

If caught outdoors:

- **Avoid being the highest point in an open area.** Swinging a golf club or holding an umbrella or fishing rod can make you the tallest object and a target for lightning. Take off shoes with metal cleats.
- **You are safe inside a car during lightning**, but don't park near or under trees or other tall objects which may topple over during a storm. Be aware of downed power lines which may be touching your car. You are safe inside the car, but you may receive a shock if you step outside.
- Keep alert for flash floods, sometimes caused by heavy rainfall, if seeking shelter in a ditch or low-lying area.
- If you are in a group in the open, spread out, keeping people several yards apart.
- Note: Persons who have been struck by lightning receive an electrical shock but do not carry an electrical charge and can be safely handled.

**IF YOU ARE AT THE CENTENNIAL POOL
FOLLOW THE DIRECTIONS OF THE POOL STAFF**