



## Cardiff & the Vale of Glamorgan Junior Cricket Newsletter 4: 12/06/2015

### ***Hello club junior team co-ordinators.***

Here is the fourth of a series of newsletters which will bring to your attention any issues that have arisen over the past seven days regarding junior cricket in our region. Due to half term holidays, it has been a couple of weeks since the last newsletter but, considering the weather forecast for this weekend, I thought it best to send out this newsletter early as it covers the 30/30 rule. The text is adapted from <http://www.sadlersports.com/riskmanagement/pdf/lightning.pdf>

### ***What is your club's response to thunder/lightning?***

Approximately 10 people are killed by lightning in the UK each year. On average, 10% of strike victims die and 70% suffer serious long term effects. A likely place of occurrence for a person to be struck is at an open field. Bolts of lightning reach temperatures as high as 50,000 degrees. The average thunderstorm is six to ten miles wide. The average rate of travel of a thunderstorm is 25 mph. Lightning can strike from as far away as 10 miles.

#### **30/30 Lightning Rule For Postponing Activity And Returning To Activity**

Most experts recommend that outdoor events should be postponed when the thunderstorm approaches from a distance of six miles. The best way to gauge the distance of a thunderstorm is to measure the elapsed time from the *flash to bang*. Since a count of five seconds equals a distance of one mile, a count of 30 seconds equals a distance of six miles. In most cases, when you can hear thunder, you are no longer safe.

All individuals should have left the cricket field and reached a safe location by the time the elapsed *flash to bang* reaches a count of 30 seconds. If you can't see lightning, just hearing the thunder is a good back-up rule.

Individuals can return to the field once 30 minutes has elapsed since the last flash or thunder. One of the most dangerous forms of lightning is a "bolt from the blue" which typically originates out of the back side of a thunderstorm and has been known to strike as far as ten miles away. All decisions about postponing or returning to an activity should be made by the coach and/or game officials who are responsible for removing teams and individuals from an outdoor site.

Cricket clubs may also want to consider signage summarizing 30/30 Lightning Rule as well as instructions for taking shelter.

### **Best Places To Take Cover (In Order Of Most Safe To Least Safe)**

1. **Sturdy Building:** A sturdy building is an enclosed building with metal plumbing or wiring to ground the structure. Buildings or sheds that are not enclosed should be avoided, as they don't constitute a sturdy building. While inside a sturdy building, the following areas should be avoided: open doors and windows, close proximity to electrical appliances, contact with plumbing fixtures, and landline phones. It is safe to use a mobile phone. Do not lie on concrete floors or lean against concrete walls.
2. **Vehicle:** An enclosed vehicle such as a car, van, or bus with a metal roof (not a convertible) and windows completely shut. Avoid touching anything metal or any conducting path to the outside such as a steering wheel, ignition, radio or gearstick while inside the car.
3. **In The Open:** If a suitable sturdy building or vehicle is not available, you may have to stay in the open. Avoid all water, metal objects (such as electrical wires, machinery, and fences), high ground, isolated trees, and telephone poles. If lightning is striking nearby, avoid all direct contact with other people, remove all metal objects from your person, and crouch down with feet together and hands on knees making sure that only your feet are touching the ground.

## **Your queries**

I've received no queries although there has been a break in matches recently. I hope all your kids enjoyed their school exams.

## **Cricket balls**

Half of the balls have now been distributed. Hopefully I'll have none left before the end of the season.

## **Finally**

Now that the summer appears to have ended, please consider you club's and coaches' response to adverse weather conditions. If possible, have a great week of playing exciting games.

Best wishes

Tony Duffy

**Chair, CCTVOG Junior Cricket Committee**