

# Lightning

Lightning can arrive before, during, and after a storm. Lightning is often accompanied by strong winds and rain, although not exclusively. Yes, lightning can strike miles away from a storm and anything outside can be struck by lightning. Many athletic events must now monitor lightning and suspend outdoor and some indoor events when lightning is as close as 8 miles. Lightning causes thunder and sometimes you may hear thunder without seeing lightning. Thunder *follows* lightning, but if you hear thunder, know lightning is not far away and take action to protect yourself. The National Weather Service has a lightning safety slogan, “when thunder roars, go indoors!” Learn more about staying safe when lightning occurs <https://www.weather.gov/safety/lightning-science>



**When Thunder Roars, Go Indoors!**

**STOP all activities.**

Seek shelter in a substantial building or hard-topped vehicle.

Wait 30 minutes after the storm to resume activities.

 [www.lightningsafety.noaa.gov](http://www.lightningsafety.noaa.gov) 