

# Procedures When Safe Indoor Shelters are Unavailable

- Do not shelter in or next to:
  - open fields; the highest point in an open area;
  - tall objects (for example, trees, poles);
  - metal objects (for example, football standards, light poles, metal bleachers, fences) and
  - objects that conduct electricity (for example, golf clubs, bicycles).
- Shelter in a low-lying area such as ditches, depressions, valleys. Be aware of the potential of flooding in these areas if the thunderstorm is accompanied by heavy rain.
- In a forest/heavily treed area, shelter in a low-lying area under a thick growth of small trees or bushes.
- Remove metal objects (that is, anything conductive) and jewellery from body and pockets.
- Minimize the body surface area in contact with the ground. Assume safest body position possible by crouching down, placing feet close together (with only the balls of feet touching the ground) lowering the head and wrapping arms around knees. Do not lie flat on the ground.
- If sheltering as a group in an open area, spread out to be several meters from each other.