



Eugene Metro FC Weather Advisory

The safety of players, coaches, management, and spectators is the primary concern during any kind of weather concerns at all EMFC practices and games. EMFC reserves the right to cancel training sessions/games for any severe weather situation based on player safety.

Because there are several factors that determine the threat to player safety, it is hard to set a definite temperature to cancel. With that said, the club will always make the decision we feel is in the best interest of the SAFETY of the players, parents, and coaches. Understand these decisions are based on the forecasts which are not always reliable indicators, and we do not make the decision to cancel trainings or games lightly. We will always take into consideration field conditions as well as driving conditions to get to the fields. Our goal is to communicate any cancellations as soon as a decision has been made. Often, we will wait to make a decision in the hope that conditions improve that will permit us to train/play. We appreciate your support and understanding when we are faced with making these difficult decisions.

Thunder and Lightning Policy

Lightning can strike quickly and unexpectedly, and it can be deadly.

The EMFC Coaching staff are instructed to stop all sessions immediately if thunder is heard or lightning is seen. There is no exception to this rule. Players, coaches, and parents are to take immediate shelter.

RULE: If thunder is heard or lightning is seen, all training sessions and/or games are to be stopped immediately and all players, coaches and spectators are to take shelter in their vehicles or a safe place.

- All training sessions and games will be delayed for 30-minutes from when thunder is first heard, or lightning is seen.
- The 30-minute delay in training sessions or games will restart every time thunder is heard or lightning is seen.
- Players, parents, and spectators are not to return to the fields until a full 30-minutes has passed without seeing any lightning or hearing any thunder.
- Clear sky, blue sky and sun shining does not mean the area is safe to resume practice and games!
- Senior Members of Staff are to coordinate all efforts to stop practices and to communicate with all staff/parents/players.
- Staff & Club will provide further communication where/when needed for any/all cancellations - Email, Text, Website etc.

Guidance from the National Weather Service: Once thunder is heard or lightning is seen:



- Stay away from metal including fencing, bleachers, flagpoles, dugouts, sheds, and goals.
- Avoid high places, open areas, overhead wires and power lines, telephones and cellular phones, radios, isolated trees, picnic shelters, golf carts, or any type of standing water.
- If you are outside, the interior of a car, truck with a metal roof and the windows closed is relatively safe from lightning. To be safe, do not touch the metal on the inside of the vehicle.
- If you are outdoors with no shelter available, find a low spot away from trees, bleachers, fences, and other metal structures. Make sure the area is not prone to flooding.
- If you feel your hair suddenly stand on end, it means you may be a lightning target. Crouch low on the balls of your feet and try not to touch the ground with your knees or hands.
- All individuals have the right to leave a site or activity, without fear of repercussion or penalty, in order to seek a safe structure or location if they feel that they are in danger from impending lightning activity
- Players, parents, and spectators are not to return to the fields without permission.
- If players, parents or coaches return to the sports fields prior to the all-clear signal/permission, they do so at their own risk.
- People who have been struck by lightning do not carry an electrical charge and are safe to approach and handle. Apply first aid immediately if you are qualified to do so. Get emergency help promptly.

Heat Policy

Coaches and parents need to monitor athletes at all times. Athletes should never be turned down for a water break and must be allowed to take water breaks when needed. Any athlete that does not “feel well” should be taken out immediately and is to be given aid immediately.

EMFC will use the Heat Index which can be found via the OSAA website. <https://www.osaa.org/heat-index>

- Heat Index up to 80°: Normal Play. Regular hydration patterns
- Heat index of 81°- 89°: Mandatory water breaks every 25 minutes
- Heat index of 90°-95°: Mandatory water breaks every 15 minutes
- Heat index over 96° (at start of training): All outside activity cancelled

Cold Weather/Snow and Ice Policy

Players are more susceptible to injuries during cold weather, particularly from pulled or torn muscles. Players should be encouraged to wear appropriate clothing to aid body heat retention yet afford adequate movement without creating a safety hazard. As a general rule, training programs will be cancelled based on age of player and the projected temperature (including wind chill) at the start of training is:



- U8-U11: 32 degrees (freezing)
- U12+: 25 degrees

ICE: Where there are instances of ice covering the playing surface, practices and games will be cancelled. Players and families who travel to fields and have concerns that local conditions are not safe to travel should make those decisions.

SNOW: If there is snow on the playing surface, the situation will be reviewed by EMFC staff for overall safety of the players. In most cases, the practices and/or games will be cancelled. But EMFC will make the final decision on a case-by-case basis.