

PFA POLICY 306 | EXTREME WEATHER SAFETY

Section 1. General Principles. OYSA has adopted the guidelines provided by the US Soccer Federation in regards to weather safety of participants in competitions sponsored by the Association. OYSA expects all of its member clubs to apply the same standards to their competitions sanctioned by OYSA. The Federation’s guidance is provided through its Recognize to Recover program.

Section 2. Recognize to Recover

A. USSF has provided a website that provides guidance for player safety. That website is <http://recognizetorecover.org>.

B. The Recognize to Recover website provides downloadable documents that contain guidance for protecting participants from the adverse effects of environmental conditions such as heat, cold, and lightning.

C. The Recognize to Recover site also provides information and guidance on many other safety topics. OYSA recommends that its member clubs, as well as their coaches, players, and parents, use the site to obtain safety information and to provide guidance in managing competitions and training that maintain player safety.

Section 3. Extreme Weather Event Cancellation Guidelines. Pelada FA has adopted procedures and guidelines for recognizing extreme weather conditions and subsequent measures to mitigate them and keep participants safe, including game and training cancellation guidelines.

A. Day Of Decision Making Criteria

1. Check schools for cancellation
2. Check Indices
 - a. [National Weather Service - Eugene Warnings](#)
 - b. [Weather Underground WunderMap](#)
 - c. [OSAA Heat Index](#)
 - d. [Wind Chill Index](#)
 - e. WU Lightning Tracker (Storm App)
 - f. [LRAPA Air Quality](#) | [AirNow Oregon](#) | [Oregon Smoke Blog](#)

B. Day Of Cancellation Procedure (Before Noon)

1. Email - Blue Sombrero
2. Cancel event in Blue Sombrero
3. Notify coaches via text and email
4. Notify facilities (where applicable)
5. Update Pelada Website (if applicable)

C. Cancellation Procedure for In-Progress Events

1. Move players to safe location
2. Send group pick-up notification via SMS (if possible)
3. Call parents to communicate event cancellation and pick-up location
4. Coaches wait with players until all are picked up

Section 4. Guidelines/Definitions of **Extreme Cold, Ice, Snow, and Windchill Conditions.** Training and/or games will be cancelled if any of the following conditions are met:

- A. School district cancels school day
- B. Fields are not playable due to conditions
- C. Transportation is deemed unsafe due to conditions
- D. Precipitation and wind chill temperatures below 35°F are forecasted by end of event (all ages)
- E. Dry wind chill temperatures below 30°F are forecasted by end of event (U14 & younger)
- F. Dry wind chill temperatures below 25°F are forecasted by end of event (U15 & older)

Section 5. Guidelines/Definitions of **Extreme Heat and Humidity Conditions.** When temperatures are likely to exceed 81°F during training or game hours, academy staff will monitor local temperature forecasts and Heat Index readings via the [OSAA Heat Index Calculator](#). Events should be cancelled or additional precautions should be taken if any of the following conditions are met:

- A. If local Heat Index will exceed 105°F for more than one hour during an event, the event should be cancelled
- B. If local Heat Index will exceed 95°F for more than two hours during an event, the following precautions should be taken:
 - 1. Provide ample amounts of water and frequent water breaks (minimum 4 per hour)
 - 2. Avoid physical conditioning and other high intensity activities
 - 3. Monitor athletes closely for signs of fatigue or heat exhaustion
 - 4. Limit activities to a maximum of 5 hours per day
 - 5. Include a 10 minute break for every 30 minutes of activity
 - 6. Reduce event duration to a maximum of 3 hours if Heat Index will exceed 100°F for 3 hours continuously during the event
 - 7. If facilities are available, move sessions to cooled indoor areas

Section 6. Guidelines/Definitions of **Hazardous Air Quality Conditions.** If air quality is questionable, academy staff will monitor local API readings via the [Lane Regional Air Protection Agency website](#).

Training and/or games will be cancelled or made optional if any of the following conditions are met:

- A. If the local Air Quality Index is above 100 (orange zone) on the day of the event, all games will be cancelled
- B. If the local Air Quality Index is above 150 (red zone) on the day of the event, all training sessions will be cancelled
- C. If the local Air Quality Index is above 100 (orange zone) on the day of the event, all training sessions will be made optional and parents will be notified by email that attendance is not required (players with respiratory issues are encouraged not to attend)

Section 7. Guidelines/Definitions **Lightning and Thunderstorm Conditions.** Training and/or games will be cancelled if any of the following conditions are met:

- A. Prior to event - Thunderstorms are forecasted to occur during the time of the event
- B. During an event - When thunder is heard, or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning

1. Suspend play for at least 30 minutes and remove players to a previously designated safe location immediately.
2. Follow [USSF Lightning Safety Guidelines](#) for return to play / cancelation protocol

Section 8. Other extreme conditions. In event of extreme rain, wind, or other unusual weather, academy staff will monitor local area warnings via the [National Weather Service - Eugene Warnings](#) website. Training and/or games will be cancelled if any of the following conditions are met:

- A. Exposure to conditions pose a potential risk to player health
- B. Environmental factors are deemed unsafe due to conditions
- C. Transportation is deemed unsafe due to conditions
- D. Fields are not playable due to conditions (flooding, etc)

Section 8. Additional External Resources

A. General Weather Safety Resources

1. [Oregon Health Authority Preparedness Tools for Oregonians](#)

B. Extreme Cold & Extreme Heat

1. [Washington County Schools Cold Weather Safety Guidelines](#)
2. [National Weather Service Wind Chill Pamphlet](#)
3. [National Weather Service Wind Chill/Heat Index](#)
4. [OSAA Heat Index Calculator](#)

C. Hazardous Air Quality Conditions

1. [LRAPA Website](#)
2. [DEQ Air Quality Website](#)
3. [EPA AirNow Website](#)
4. [4J Air Quality Guidelines](#)
5. [OHA Wildfires and Smoke Guidelines](#)
6. [OSAA Health & Safety Guidelines](#)
7. [Oregon Smoke Blog](#)

D. Lightning and Thunderstorm Conditions

1. [OSAA Lightning Safety Guidelines](#)
2. [NFHS Lightning Safety Guidelines](#)