

Bend FC Weather Policy and Program Statement

All Bend FC Community Programs—including Flag Football, COSL, Stars, Camps, Clinics, and Adult Leagues—will not be rescheduled in the event of weather-related cancellations or delays. If practices, games, or events are canceled or shortened due to weather conditions, no make-up sessions will be provided. We appreciate your understanding as weather and field safety remain a priority.

WINTER WEATHER

Players are more susceptible to injuries during cold weather, particularly from pulled or torn muscles. Players are encouraged to wear appropriate clothing to aid body heat retention yet afford adequate movement without creating a safety hazard.

As a general rule, training will be canceled for the noted age groups if the temperature- including wind chill- at the start of training is **projected** to be the following:

Below 32 degrees Fahrenheit

Futures

Junior Development Academy

COSL grades K-4

Below 25 degrees Fahrenheit

U11-U14 Players

COSL grades 5-8

Below 20 degrees Fahrenheit

U15-U19 Players

Measurable snow: Bend FC has snow clearing equipment and in the past has worked to clear our fields for training sessions. Unfortunately, this process has

done considerable damage to our fields. Moving forward, all trainings will be canceled in the event of measurable snow. Bend FC will make every effort to clear fields for home league games.

AIR QUALITY

Bend FC, along with OYSA, follows the air quality guidelines established by [OSAA](#) and will cancel training if the AQI exceeds 150. When the AQI is between 101-149, players who are unusually sensitive to air pollution should consider not attending outdoor training.

Players with asthma should have rescue inhalers readily available and pretreat before exercise if directed by their healthcare provider. All players and coaches with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise.

HEAT

OSAA's [heat index calculator](#) will be utilized in making a heat-related cancellation determination. When the heat index is over 90, extra water breaks and other adjustments will be provided. When the heat index is over 100, all training will be canceled.

LIGHTNING

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. Play will be suspended for at least 30 minutes and all players, coaches, and spectators should seek shelter in a safer location.

Thirty-minute Rule: Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.