



Winter Weather & Lightning

Excessive Rain, Snow, and Heat

There are instances when excessive rain, snow and/or heat results in field closures. As an association, Crossfire Rec rent fields from several providers including the City of Redmond and King County Parks. Each provider monitors the conditions of the fields and makes an independent decision about the condition and safety of each field. Fields can be closed at the discretion of the field provider if they feel the field is too wet, covered by snow, or too hot and unsafe for use. Until we receive notice from the individual field provider, we will assume the field is open and playable. Once the field is closed it is closed for the rest of the day, and we will not reopen for that day.

Field closures will be posted on our website and on our social media outlets by 3:00 pm each weekday and by 8:00 am on the weekends. We will also email coaches and managers.

Crossfire Rec may also make the decision to cancel practice due to inclement weather, even if fields are open.

If the field providers have not closed a field, but upon arrival the field conditions are not suitable for a safe and productive match they may be cancelled. At the field, games can only be 'called' by the referee. The referee will evaluate the weather situation and decide if it is safe to continue playing. If a referee determines the field is unsafe the decision is final, and all participants are to leave the field of play. Teams are not allowed to pick an alternate match official who is willing to allow the teams to play.

Lightning

All thunderstorms produce lightning and are dangerous. Lightning often strikes as far as 10 miles away from any rainfall. Many deaths from lightning occur ahead of the storm because people try and wait until the last minute before seeking shelter. You are in danger of lightning if you can hear thunder. If you can hear thunder, lightning is close enough that it could strike your location at any moment.

***IMPORTANT If a storm is forecast but practice/games are not yet cancelled, it is recommended that parents stay at the practice location with their vehicle, as that may be the best option for shelter, should it be needed.**

Crossfire Rec follows USSF's Severe Weather Policy for practices and games. This policy includes the following:

1. Recognize the threat. If you hear thunder or see lightning you must protect the safety of all participants by stopping games/practice activities quickly, so that participants and spectators may retire to a safer place before the lightning threat becomes significant. You must wait a minimum of 30 minutes after hearing the last thunder or seeing the last lightning strike before leaving shelter. (NOTE: You do not need to see the "bolt" of lightning to stop practice. The lighting up of the sky counts as well.)
2. Remember that if you hear thunder, you are in reach of lightning striking. There is never one without the other. Just because you do not see lightning does not mean the threat is not there.
3. Seek proper shelter a. No place outside is safe b. The best place is a fully enclosed building. A second choice is a solid metal roof vehicle.
4. If there is no proper shelter stay away from the most dangerous locations: high up on a hill, open fields, near/under trees, poles, light post, electrical towers, unprotected buildings, rain shelters, bus stops, anything made of metal such as metal fences, metal bleachers, metal chairs.
5. If you cannot avoid these locations crouch low to the ground with your head tucked into your chest and hands over your ears.
6. Remain calm and try to prevent panic.

What to do if someone is struck by lightning:

1. Call for help. Call 9-1-1 or your local ambulance service. Get medical attention as quickly as possible.
2. Give first aid. If the victim has stopped breathing, begin rescue breathing. If the heart has stopped beating, a trained person should give CPR. If the person has a pulse and is breathing, address any other injuries.
3. Check for burns in two places. The injured person has received an electric shock and may be burned. Being struck by lightning can also cause nervous system damage, broken bones, and loss of hearing or eyesight. People struck by lightning carry no electrical charge that can shock other people. You can examine them without risk