

Air Quality shall be monitored by the club staff and/or head coach of each team in advance of any practice or game both home and away. We will use the national standards as established by the EPA at www.airnow.gov or the EPA AIRNow app for a smart phone. Coaches will be responsible to make decisions on practice and games using the guidelines below.

Air Quality Index (AQI)	Who needs to be concerned?	What should I do?
Good 0-50	Good day to be active outside.	
Moderate 51-100	Athletes with asthma, respiratory infection, lung or heart disease	<p>Monitor athletes with asthma, respiratory infection, lung or heart disease. Increase rest periods and substitutions for these athletes as needed.</p> <p>Watch for symptoms such as coughing or shortness of breath. These are signs to decrease intensity or stop the activity.</p> <p>People with Asthma should follow their asthma action plans and keep quick relief medicine handy.</p>
Unhealthy for Sensitive Groups 101-150	Sensitive groups include athletes with asthma, respiratory infection, lung and heart disease, or conditions like diabetes	<p>Consider moving indoors. Reduce prolonged or heavy exertion. Take more breaks and do fewer intensive activities. Watch for symptoms such as coughing or shortness of breath. These are signs to decrease intensity or stop the activity.</p> <p>Monitor athletes with asthma, respiratory infection, lung or heart disease. Increase rest periods and substitutions for these athletes as needed.</p> <p>People with Asthma should follow their asthma action plans and keep quick relief medicine handy.</p>
Unhealthy >150	Everyone	Cancel events, move indoors or to a location with "Good" air quality —if this can be done without too much time spent in transit through areas with poor air quality

Suggested guidelines for managing potential air quality problems

- Athletes with asthma must be carefully monitored when AQI is >50 and have a rescue inhaler readily available. Asthma symptoms may not worsen until the following day after exposure to air pollution.
- Practices and contests should be cancelled when AQI is >150.
- The worse the air quality, the more important it is to take breaks, decrease exercise intensity and watch for symptoms. Remember that players with asthma will be more sensitive to unhealthy air.
- Players who choose not to attend practices or games when the AQI is >50 should not be penalized, especially if they are a member of those groups sensitive to this level of Air Quality
- If you have specific health concerns about your child participating with these guidelines seek guidance from your own qualified health providers