



Air Quality Recommendations
Updated May 2023

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 with recommendations provided by Childrens Hospital. Coaches will be responsible to make decisions on practice and games using the guidelines below. We respect the ability of Parents to make decisions on their players participation based on their own best interests.

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 >200..
- 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. Teams may take more frequent breaks, or games may be shortened when AQI is above 150.
- Players who choose not to attend practices or games when the AQI is >100 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.

