



EYSA Air Quality & Heat Safety Guidelines:

Air Quality

- **U-16 and Above:** If the air quality index (<https://fortress.wa.gov/ecy/enviwa/>), as measured by the Washington State Department of Ecology, reaches “Unhealthy” (Red) or higher it is the EYSA recommendation that all outdoor soccer related activities (games and practices) be suspended and or cancelled until the air quality reaches good to moderate readings.
- **U-15 and Below:** If the air quality index reaches “Unhealthy for Sensitive Groups” (Orange) it is the EYSA recommendation that that all outdoor soccer related activities be suspended and or cancelled until the air quality reaches good to moderate readings.
- **Players Uniquely Sensitive to Unhealthy Air Quality:** It would be expected that player/parent and coach communicate regarding such sensitivity and if the player chooses to participate it is at their own risk.

Heat

- The official recommendation from EYSA is based on the recommendations for heat safety found here: http://www.nws.noaa.gov/om/heat/heat_index.shtml.
- The six EYSA clubs will index their heat safety recommendations based on the following websites:
 - BUFC, LHSC, NYSC: <https://weather.com/weather/hourbyhour/l/USWA0027:1:US>
 - MIFC: <https://weather.com/weather/hourbyhour/l/USWA0271:1:US>
 - EFC: <https://weather.com/weather/hourbyhour/l/USWA0354:1:US>
 - IFC: <https://weather.com/weather/hourbyhour/l/USWA0197:1:US>
- EYSA clubs and teams should discontinue all practices and games anytime the heat index is in the “Danger” (Orange) or “Extreme Danger” (Red) zones.
- For heat index measurements in the “Extreme Caution” (Light Orange) zone, the play/no-play decision is left to the coaches’ discretion based on the physical condition and hydration of their team.