



EASTERN WASHINGTON SURF SOCCER CLUB

AIR QUALITY

Breathing for anyone with seasonal allergies, asthma or other upper respiratory illness or condition is difficult at various times due to environmental factors. Smoke, high pollen and other antigen counts (dust, mold, animal dander, etc.) along with temperature extremes and humidity play a significant role in performance and recovery. Being aware of this and of local conditions for those affected and those working with or directing a player is of significant importance.

Club Staff (Directors, Coaches, Assistant Coaches, Managers, and Trainers) will monitor one or more of the following for up to date Air Quality Index (AQI) readings and statistics.

- www.airnow.gov
- www.wasmoke.blogspot.com
- www.spokanecleanair.org

Air Quality Index (AQI)	Color	Description	Practice Restriction Recommendations
0 - 50	Green	Good	Air quality is satisfactory and air pollution poses little or no risk
51 - 100	Yellow	Moderate	Air quality is acceptable however, student-athletes with respiratory illnesses should be closely monitored
101 - 150	Orange	Unhealthy for sensitive groups	Those student-athletes with respiratory illnesses should be removed from outside activity.
150 - 200	Red	Unhealthy	All student-athletes will be removed from outside activity.
201 - 300	Purple	Very Unhealthy	ALL student-athletes will be removed from outside activity
> 300	Maroon	Hazardous	ALL student-athletes will be removed from outside activity

EW SURF SC POLICY: When the Air Quality Index (AQI) reaches 150 or above, all outdoor practices for all club practices or training will be cancelled.

The Air Quality Index (AQI)- The Air Quality Index (AQI) is an index for reporting daily air quality. It tells you how clean or polluted your outdoor air is, and what associated health effects might be a concern for you. The AQI focuses on health effects you may experience within a few hours or days after breathing polluted air. The Environmental Protection Agency (EPA) calculates the AQI for five major air pollutants regulated by the Clean Air Act: ground-level ozone, particle pollution (also known as particulate matter), carbon monoxide, sulfur dioxide, and nitrogen dioxide. For each of these pollutants, EPA has established national air quality standards to protect public health. For Information regarding indoor air quality please visit EPA's Indoor Air Quality Web site (<http://www.epa.gov/iaq/>).

Club Staff will utilize the following table with regards to the Air Quality Index and recommendations for activity restrictions.