



## 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. 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 student-athlete should be a high priority.

Tracking of specific, relevant information should be done by the school's Activity Coordinator and/or team's assigned Athletics Trainer, youth Club Staff (Directors, Coaches, Assistant Coaches, Managers, Trainers) will monitor one or more of the following for up-to-date Air Quality Index (AQI) readings and statistics:

- [www.airnow.gov](http://www.airnow.gov)
- [www.wasmoke.blogspot.com](http://www.wasmoke.blogspot.com)
- local air-quality experts

**PSPL League Policy-** When the Air Quality Index (AQI) reaches 150 or above, all outdoor practices for all league matches, tournament, events, practices or training will be cancelled. The league will issue an air quality alert when the index reaches 110 – which will ask all club DOCs to be aware of potential air-quality issues and to check with your respective local agencies and air-quality experts.

The League Competition Committee is responsible for the decision-making process governing air-quality alerts or forecasts for bad weather.

**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/>).