

# WESCO United - Air Quality Policy



## Background

The WESCO air quality policy serves as a guide for coaches, parents, and players about unsafe playing conditions as it relates to the air quality at our local fields. We will use the national standards as established by the EPA [airnow.gov](https://www.airnow.gov) that provides average measures across the day for our area and [purpleair.com](https://purpleair.com) that provides real-time measures from localized sensors. For Purple Air, settings should be set to US EPA PM2.5 AQI, real-time (only check outside sensors).

## Policy

If one of the two indexes reflects:

1. AQI of 0-150: Practices and games will continue with more breaks provided.
  - a. Those players in sensitive groups should consider staying indoors when the air quality index is between 100-150 AQI.
  - b. Players who choose not to attend practices or games when the AQI is above 100 will not be penalized.
2. AQI of 150 or higher: Practices and games will be cancelled.

## Cancellation Decisions & Communications

### Recreation division cancellation decisions and communications

Game cancellations will be sent from the WESCO office 30 minutes in advance to games. Practice cancellations will be sent out from the Coach.

### Select division cancellation decisions and communications

Game cancellations will be sent from the WESCO Coaches/Managers in coordination with the opposing team Coaches/Managers. Practice cancellations will be sent from the WESCO Coaches/Managers.






# Air Quality Guide for Particle Pollution

Harmful particle pollution is one of our nation's most common air pollutants. Use the chart below to help reduce your exposure and protect your health. For your local air quality forecast, visit [www.airnow.gov](http://www.airnow.gov)

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good (0-50)		It's a great day to be active outside.
Moderate (51-100)	Some people who may be unusually sensitive to particle pollution.	<b>Unusually sensitive people:</b> Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. <b>Everyone else:</b> It's a good day to be active outside.
Unhealthy for Sensitive Groups (101-150)	Sensitive groups include <b>people with heart or lung disease, older adults, children and teenagers.</b>	<b>Sensitive groups:</b> Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath. <b>People with asthma</b> should follow their asthma action plans and keep quick relief medicine handy. <b>If you have heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.
Unhealthy (151-200)	<b>Everyone</b>	<b>Sensitive groups:</b> Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling. <b>Everyone else:</b> Reduce prolonged or heavy exertion. Take more breaks during outdoor activities.
Very Unhealthy (201-300)	<b>Everyone</b>	<b>Sensitive groups:</b> Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better. <b>Everyone else:</b> Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.
Hazardous (301-500)	<b>Everyone</b>	<b>Everyone:</b> Avoid all physical activity outdoors. <b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.

## Air Quality and Outdoor Activity Guidance for Schools

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at [www.airnow.gov](http://www.airnow.gov).

Air Quality Index	Outdoor Activity Guidance
 green GOOD	Great day to be active outside!
 yellow MODERATE	Good day to be active outside! Students who are unusually sensitive to air pollution could have symptoms.*
 orange UNHEALTHY FOR SENSITIVE GROUPS	It's OK to be active outside, especially for <b>short activities</b> such as recess and physical education (PE). For <b>longer activities</b> such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 red UNHEALTHY	For <b>all outdoor activities</b> , take more breaks and do less intense activities. Consider moving <b>longer or more intense activities</b> indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 purple VERY UNHEALTHY	Move <b>all activities</b> indoors or reschedule them to another day.

### \* Watch for Symptoms

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

#### **If symptoms occur:**

The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

### Go for 60!

CDC recommends that children get 60 or more minutes of physical activity each day. [www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm](http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm)

### Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.