

## **Puyallup School District**

### **Air Quality and Athletic Events** (August, 2019)

The Puyallup School District will abide by the following guidelines regarding athletic activities and contests during school practices and games:

Please refer to the following web site for exact and up to date AQI Levels:

<http://airnow.gov/>

Decisions about whether to keep student-athletes inside will be made by the Puyallup School District Director of Athletics, coordinating with other district leaders.

#### **When the AQI level reaches 100 – 150**

If the decision is made to continue practice/contests at this level, school athletic directors and coaches are asked to use a commonsense approach. Practice/Contests will be permitted under the following conditions:

- The coaches and ATC have identified all student-athletes that might have to be monitored for sensitivity to air pollution or smoke.
- Limit and control running and conditioning
- Increase the amount of water breaks and team breaks
- Limit or excuse those student-athletes that are members of the sensitive group
- Have a coach check the AQI every 30 minutes to stay updated.

**ONCE THE AQI reaches, 151 outside practice or contests are CANCELLED, and everyone must go inside.**

While the AQI is still within the unhealthy for sensitive groups range after 151, the PSD will have stricter recommendations for students during their daily exposure to outdoor activity.

Because of the current status of the weather and fire conditions, the AIRNOW website should be reviewed several times daily for at least for the remainder of the week in which the AQI is above 151. If the school athletic administrator decides to cancel practices at the school site, all practices/contests are cancelled.

*Air Quality Guidelines on back side*

## **AQI Guidelines:**

### **AQI: Good (0 - 50)**

Air quality is considered satisfactory, and air pollution poses little or no risk.

### **AQI: Moderate (51 - 100)**

Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.

### **AQI: Unhealthy for Sensitive Groups (101 - 150)**

Although general public is not likely to be affected at this AQI range, people with lung disease, older adults and children are at a greater risk from exposure to ozone, whereas persons with heart and lung disease, older adults and children are at greater risk from the presence of particles in the air.

### **AQI: Unhealthy (151 - 200)**

Everyone may begin to experience health effects members of sensitive groups may experience more serious health effects.

### **AQI: Very Unhealthy (201 - 300)**

Health alert: everyone may experience more serious health effects.

### **AQI: Hazardous (301 - 500)**

Health warnings of emergency conditions. The entire population is more likely to be affected.

## **Helpful Links:**

<https://airnow.gov> The sole source of Air Quality for WIAA member schools

<https://www.doh.wa.gov/CommunityandEnvironment/AirQuality> WSDH Information Page

<https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/create-an-asthma-action-plan.html> Asthma Action Plan Page