

## Procedure 5.9.2 Air Quality Procedure

### Monitoring Air Quality:

SnVYSA will continue to use Air Now to monitor the air quality in the Snoqualmie Valley area. Coaches must also monitor the AQI in their local area to ensure a real-time and accurate assessment of the air quality for their team's well-being. Please follow the steps below to find out the current AQI.

1. Download the app at <https://www.airnow.gov/airnow-mobile-app/>. You can also access the fire and smoke map online here: <https://fire.airnow.gov/-Add> in monitor locations
2. If you use the app, click on the smoke map-bottom right-hand corner.
3. Click on the square closest to where you will be practicing, this is the location of the closest monitor to your practice location. Below are the closest monitors by city.
  - Carnation: Carnation 51st Street
  - Duvall: 23 Judd Park
  - Fall City: Fort Tilton-Fish Hatchery Rd.
  - North Bend: North Bend Way or North Bend Weather
  - Snoqualmie: Snoqualmie Ridge
4. The squares are color coded to indicate the status of air quality. When you click on the square, it will bring up the AQI score for the monitor closest to where you will be practicing.
  - Green: Good
  - Yellow: Moderate
  - Orange: Unhealthy for sensitive groups
  - Red: Unhealthy
  - Purple: Very Unhealthy
  - Brown: Hazardous

### AQI & Activity Level Explanations

- **0-50: Good** – Great day to be outside!
- **51-100: Moderate** – Some people are especially sensitive to lower levels of particle pollution and should reduce exposure if they have any \*health conditions.
- **101-150: Unhealthy for sensitive groups (USG)**
  - Limit time outside with light intensity and increase water breaks.
  - All participants should watch for symptoms as a sign to reduce exposure. This is especially true for children under 18 since their lungs and airways are still developing. They breathe more air per pound of body weight than adults.
  - Anyone with lung diseases such as asthma or chronic obstructive pulmonary disease (COPD), including bronchitis and emphysema, should limit exposure. This also includes anyone with respiratory infections, such as pneumonia, acute bronchitis, bronchiolitis, colds, or flu.
- **150-200- Unhealthy**
  - Everyone should reduce exposure and limit time outside.
  - Avoid all strenuous outdoor activity.

### Managing Practices:

**Practices for all age groups:** Outlined below is a table which provides activity, intensity, and water breaks by AQI levels. This information is to be followed by all participants and coaches registered in the association.

Outside Air Quality Index					
<b>Status</b>	Good	Moderate	Unhealthy-Sensitive	Unhealthy-All	Hazardous
<b>Color</b>	Green	Yellow	Orange	Red	Purple

<b>AQI Range</b>	0-50	51-100	101-150	151-200	>200
<b>Activity</b>	No restrictions	No restrictions unless have *health condition	-1 hour max. -Increase water breaks, rest periods -Those with health conditions should not participate	Cancel	Cancel
<b>Intensity</b>	No restrictions	Light for those participating	Very light for those participating	NA	NA
<b>Water Breaks</b>	Normal	Add a hydration break per half	Add a hydration break every 15 minutes	NA	NA

\*Health conditions include asthma and other lung disease, respiratory infection, heart disease, and diabetes. Children with health conditions can opt out or increase rest periods.

### Practice Cancellations:

AQI varies city by city and broadly cancelling practices for all cities and teams does not make sense. Therefore, we are instituting the following guidelines for coaches to follow for practice cancellations. Please follow activity, intensity, and water break guidance in table above if practice is not cancelled.

<b>Practice Cancellations</b>					
<b>Status</b>	Good-Green	Moderate-Yellow	Unhealthy-Sensitive-Orange	Unhealthy-All-Red	Hazardous-Purple
<b>AQI Range</b>	0-50	51-100	101-150	151-200	>200
<b>Time of day</b>	8am-3pm	8am-3pm	8am-3pm	8am-3pm	8am-3pm
<b>Practice</b>	No cancellation	No cancellation	No cancellation	Cancel	Cancel

Association Cancellation of Practices: SnVYSA will broadly cancel all scheduled practices for the day if the AQI in all the Snoqualmie valley cities **is 150 or higher at 8am or 3pm**. The 150 AQI is in line with WA Department of Ecology for all ages.

### Team Communications:

Coaches are responsible for communicating any practice cancellations to parents, guardians, and players on the team if the AQI reaches 150 or higher 1-2 hours prior to a practice start time. If the AQI reaches 150 or higher at practice start time or during practice, coaches should stop practice and message the team, parents, and/or guardians that practice is cancelled.

### Game Cancellations:

AQI varies city by city and broadly cancelling games for all cities does not make sense. Therefore, we are instituting the following guidelines for coaches to follow for game cancellations. Please follow the activity, intensity, and water break guidance in table above if game is not cancelled.

<b>Game Cancellations</b>					
<b>Status</b>	Good-Green	Moderate-Yellow	Unhealthy-Sensitive-Orange	Unhealthy-All-Red	Hazardous-Purple
<b>AQI Range</b>	0-50	51-100	101-150	151-200	>200
<b>Weekday Time</b>	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm
<b>Practice</b>	No cancellation	No cancellation	No cancellation	Cancel	Cancel

- **Weekday games(U6-U8):**
  - All scheduled games will be cancelled by the association if the AQI in all Snoqualmie valley locations is 150 or higher at 8:00am and/or 3:00pm.
  - If AQI is not at 150 by 3pm in all locations in the valley, all coaches with games scheduled for that day will be required to watch AQI and if AQI reaches 150 or higher, 2 hours prior to game time, the home team head coach will need to communicate with parents, opposing coach, and assigned referee to cancel the game.
  - If AQI reaches 150 at game time, the coach, opposing coach, and referee should make the decision to cancel the game.
- **Weekend games (U9-U19):**
  - All scheduled HOME games will be cancelled by the association if the AQI in all Snoqualmie valley locations is 150 or higher at 7:00am.
  - If AQI is not at 150 at 7am, all coaches with HOME games scheduled will be required to watch AQI and if AQI reaches 150 or higher, 2 hours prior to game time, the home team head coach will need to communicate with parents, opposing coach, and assigned referee to cancel the game. **NOTE:** for U9-U12 HOME games, registrar will notify the HOME game referees assigned that the game is cancelled.
  - If AQI reaches 150 at game time, the coach, opposing coach, and referee should make the decision to cancel the game.

**Game Reschedules due to smoke cancellations:**

- HOME GAMES: If your HOME game is cancelled due to smoke, every effort will be made by SnVYSA to try and reschedule the game. However, there could be conflicts that arise that prevent the game from being rescheduled. Please notify [registrar@snvysa.org](mailto:registrar@snvysa.org) to try and reschedule your cancelled game.
- AWAY GAMES: The AWAY games should be cancelled by the opposing team's association and the opposing team notifying the home team coach. If you have not heard from the opposing coach at least 2 hours prior to game time on the status of the game, please reach out to the opposing coach to find out the status.

**Smoke Links:**

- <https://doh.wa.gov/sites/default/files/legacy/Documents/Pubs//334-332.pdf>
- <https://wasmoke.blogspot.com/p/forecasts.html>