

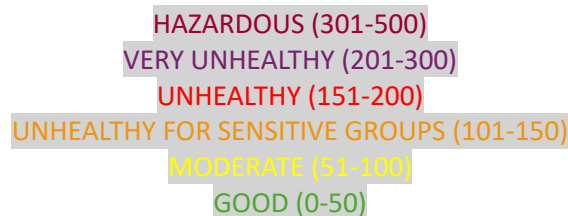
SOSC Air Quality Safety Guidelines

Safety for all athletes, coaches, volunteers, and staff is our primary concern when determining a course of action to follow.

Decisions to delay, postpone, reduce, or cancel training and/or competition should be based on this index. Special consideration should be given to training and/or competition that occurs on unusually hot days (refer to SOSC Hot Weather Safety Guidelines) as the combination of high heat and poor air quality can compound health issues.

There are several agencies within our footprint that report air quality conditions, including South Coast AQMD, San Diego APCD, Ventura County APCD, Eastern Kern APCD, Santa Barbara APCD, and SLO County APCD. The chart below is used to help us understand when additional precautions should be considered or taken when there are current or forecasted air quality issues (such as during a period of wildfires). Most smart phones with a Weather Application also show the current Air Quality Index (AQI), which is the measurement used to determine air quality.

AQI is calculated based on common air pollutants including particulate matter (PM2.5 & PM10), ozone (smog), carbon monoxide, and nitrogen dioxide. AQI does not account for other pollutants that may also cause unhealthy air quality at times.



Precautionary Range 1: When the Air Quality Index reaches MODERATE, training and competition will proceed with caution. Local Program Coordinators, Head Coaches and Staff will monitor the situation and take measures to ensure that the safety of the athletes is taken into consideration. This may include the allowance for extra rest periods. At the discretion of Local Program Coordinators, Head Coaches and/or Staff, consideration should be given to shortening training or games depending on additional factors such as access to indoor facilities or air conditioning nearby, length of activity, amount of rest, condition of participants, etc.

Precautionary Range 2: When the Air Quality Index reaches UNHEALTHY FOR SENSITIVE GROUPS or UNHEALTHY, training and competition will be reduced to accommodate participant safety. Length of an official game will be shortened, number of events or games played will be reduced. Local Program Coordinators, Head Coaches and Staff may choose to cancel or postpone training or games depending on additional factors such as access to indoor facilities or air conditioning nearby, length of activity, amount of rest, condition of participants, etc.

Cancellation Range: When the Air Quality Index reaches VERY UNHEALTHY or HAZARDOUS, all training and competition will be postponed until the Air Quality Index drops into an acceptable range, or if time will not allow for a postponement, training or competition will be cancelled.