GREATER MONCTON

GMFA

FOOTBALL ASSOCIATION

Safety-Leadership-Teamwork

AIR QUALITY PROTOCOL

Air Quality Protocol

What you need to know
People participating in sports breathe more deeply and rapidly, which allows more air pollution to enter the lungs. This puts people who are active outdoors at greater risk when air quality is poor.

Just as an outdoor sporting event (game, practice, tournament, etc.) may be cancelled or rescheduled due to thunderstorms, extreme heat or other weather conditions, it is important to consider air quality when making decisions about an event.

Determine Air Quality Health Index
The designated member of the GMFA Board will monitor the Air Quality Health Index, as well as these other indicators:

- New Brunswick - Air Quality Health Index (AQHI) - Environment Canada
- Current weather forecasts
- Forest fires in your region
- Local stubble burning
- Sudden and dramatic changes in wind strength or direction
- Proximity to major roads or highways or industrial areas

Activating Air Quality Protocols

Health Risk	AQHI	Protocol
Low Risk	1-3	Practices and games can continue as normal
Moderate Risk	4-6	Practices and games can continue with the following adjustments: • Reduce intensity, duration and provide extra breaks
High Risk	7-10+	Reschedule practices and games to a different day or find alternative indoor venues

Parents should always use their judgement on their player's participation regardless of the protocol in place

The GMFA will provide an update on the status of practice and games scheduled by 3:00pm on the day in question.

Quick Tips to Stay Safe
- Take a break if you are having trouble breathing or feeling short of breath
- If you are already not feeling well, you may have a greater risk of reacting to air pollution
- Typical symptoms may include irritated eyes, runny nose, coughing, difficulty breathing during exercise