



AIR AWARE – AIR QUALITY MONITORING GUIDELINES

Senior Rugby

This document is meant to serve as a guideline for senior rugby club administration and match officials; it suggests what should be considered in assessing air quality at local fields and awareness of potential health impacts.

BASIS: The best scientific information available is used for these guidelines. This guideline document includes background information about the Air Quality Health Index (AQHI), asthma management, and exercise induced bronchoconstriction (EIB).

Online Resources:

Go to <http://environment.alberta.ca/apps/aqhi/aqhi.aspx> (APP also available, see resources)

- **Use the Alberta website.** The Environment Canada (federal) website does not list St. Albert and Strathcona County stations. This is important because Edmonton, St. Albert and Strathcona County (Sherwood Park) can have different index ratings even though they are in proximity.
- Click on the AQHI station name: This brings up a pop-up box with the AQHI for that station. See the example on next page.
- Note the station, time, and date, and Index calculation.
- Updates usually occur hourly (at the top of the hour).
- Use the index calculation that is within one hour of scheduled kick-off or practice time.

Alberta Health Services maintains an Air Quality Advisory website. This site is helpful for planning your outdoor event.

<http://www.albertahealthservices.ca/news/air.aspx> or

<http://environment.alberta.ca/apps/aqhi/aqhi.aspx>

Recommendations for Air Quality between 3 and 6 – Training and Game:

- If air quality is “3” or below continue with training as normal.
- If air quality is an index of 4 – 6, it is suggested to adjust the practice / game by:
 - Reducing the intensity (training sessions)
 - Reducing the duration of the practice or game.
 - Providing additional resting periods.

Recommendations for Air Quality 7 or higher - Training:

- Make a decision within your club about rescheduling the training session



Recommendations for Air Quality 7 or higher – Games:

1. Games within Edmonton and Area between teams from said area (Edmonton, St Albert, Sherwood Park & Leduc)
 - a. If teams agree that it is VERY obvious for health concerns that the game(s) should not go ahead - please make the decision by 1pm and notify Judy Seddon so that appropriate notices can go out.
 - b. If very obvious, but teams cannot agree, the ERU will make the decision. Both a) and b) timeline is 13:00 on day of match.
 - c. If not obvious, or if teams cannot agree, all teams and match officials should arrive ready to play.
 - d. If the AQHI is still above “7” at the next calculation the teams involved and the match official should consider delaying kick-off or cancelling the game.
 - e. Should there be no consensus between the teams; the match official reserves the final right to cancel the game if the conditions are considered dangerous, in the match official’s opinion.
 - f. Referee should make note in the SportLomo on-line score keeping and/or email the sub-union administrator; [judyeseddon@gmail.com](mailto:judieseddon@gmail.com) with their decision and any notes relative to the decision
 - g. If air quality changes dramatically during a game (e.g. sudden smoke event caused by wind direction change) referees and team officials are advised to use their discretion. Record all decisions and relevant information in SportLoMo or by email to the sub-union administrator.

2. Games outside of Edmonton and Area - Cold Lake, Edson, Grande Prairie, Fort McMurray, Drayton Valley & Lloydminster
 - a. Using all available forecasts, the teams involved should discuss at 72 hours, 48 hours and lastly at 24 hours, whether or not the game should proceed. All emails between the teams must be cc’d to jreinbold2430@gmail.com and [judyeseddon@gmail.com](mailto:judieseddon@gmail.com)
 - b. Weighting is to be given to the host team who are on the “ground” and will be better aware of current atmospheric conditions
 - c. Should there be no consensus between the teams by noon on the Friday prior to the match ; Jo Reinbold; VP Senior Rugby will make the final decision in consultation with Devin Vandenberg; President; and/or Judy Seddon
 - d. Notification on cancellation of an out of town fixtures must be made no later than 3pm on the Friday preceding the match. This is to ensure we catch all travelers before they set out for a Saturday match.
 - e. Judy Seddon will notify the match official.

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