

## St Anthony Boosters Soccer Air Quality Policy & Process

The St. Anthony Boosters Soccer Program places the highest priority on our players safety. Following the guidelines of MYSA as well as the State of Minnesota, our policy and response to poor air quality during our program is as follows.

**Air Quality Tracking:** Our program will be tracking air quality each day of our programming during our season. We will be using the following site as our site of reference to track the air quality of our city - [State of Minnesota Air Quality Tracker](#)

**Air Quality Communication:** Changes to practices or game schedules will be communicated no less than 2 hours prior to the beginning of the activity.

**Air Quality Levels:** The following precautions must be followed for determining activity level when there is a possibility that air quality is unsafe:

| Air Quality Index                                       | 15 minutes to 1 hour   |
|---|--|
| <b>Good</b> (0-50)                                      | Good day to be outside!  |
| <b>Moderate</b><br>(51-100)                             | No limitations for most children.<br>For students with health conditions,<br>consider alternatives or modified<br>participation.               |
| <b>Unhealthy for<br/>Sensitive Groups*</b><br>(101-150) | Limit activities to light intensity.<br>Take breaks every 20 minutes. Make<br>indoor space and activities available<br>for sensitive children. |
| <b>Unhealthy</b> (151-200)                              | Cancel or reschedule all outdoor<br>activities. Keep all students indoors<br>and activity levels light.  |
| <b>Very Unhealthy</b><br>(201-300)                      |  |
| <b>Hazardous</b> (301-500)                              |  |

References:

<https://www.mnyouthsoccer.org/weather-policy>  
<https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/snairqualityguide.pdf>



# St Anthony Boosters Soccer Air Quality Policy & Process

## Minnesota Air Quality Guidance for Schools & Child Care Facilities on Poor Air Quality Days for Ozone & Fine Particles

| ACTIVITY   | Air Quality Index (AQI) |   |   |   |  |
|--|-------------------------|---|---|---|--|
|  | 0 to 50<br>GOOD         | 51 to 100<br>MODERATE   | 101 to 150<br>UNHEALTHY FOR<br>SENSITIVE GROUPS<br>(children & people with<br>respiratory or cardiovascular<br>diseases*)                   | 151 to 200<br>UNHEALTHY   | 201 to 300<br>VERY<br>UNHEALTHY  |
| Recess or Other<br>Outdoor Activities<br>(15 to 30 minutes)                | No<br>Limitations       | No Limitations  | Sensitive groups should limit prolonged or heavy outdoor exertion.** Increase rest periods and substitute players to lower breathing rates. | Everyone should limit prolonged or heavy outdoor exertion.** Increase rest periods & substitute players.  | Restrict outdoor activities to light or moderate exercise.   |
| Physical Education<br>Class or Outdoor<br>Activities<br>(30 to 60 minutes) | No<br>Limitations       | No Limitations  | Sensitive groups should limit prolonged or heavy outdoor exertion.** Increase rest periods and substitute players to lower breathing rates. | Everyone should limit prolonged or heavy outdoor exertion.** Increase rest periods & substitute players.  | Restrict outdoor activities to light or moderate exercise not to exceed one hour.                      |
| Scheduled<br>Sporting<br>Events or Outdoor<br>Activities                   | No<br>Limitations       | Unusually sensitive individuals should consider reducing prolonged or heavy outdoor exertion.** Individuals with asthma or other respiratory/ cardiovascular illness (or their caregivers) should be medically managing their condition.    | Sensitive groups should limit prolonged or heavy outdoor exertion.** Increase rest periods and substitute players to lower breathing rates. | Everyone should limit prolonged or heavy outdoor exertion.** Consideration should be given to rescheduling or relocating event/activity. Increase rest periods or substitute players. | Event should be rescheduled or relocated.  |
| Athletic<br>Practice and<br>Training<br>(2 to 4 hours)                     | No<br>Limitations       | Unusually sensitive individuals should consider reducing prolonged or heavy outdoor exertion.** Individuals with asthma or other respiratory/ cardiovascular conditions (or their caregivers) should be medically managing their condition. | Sensitive groups should limit prolonged or heavy outdoor exertion.** Increase rest periods and substitute players to lower breathing rates. | Limit prolonged or heavy outdoor exertion.** Consideration should be given to rescheduling or relocating practice or training. Increase rest periods or substitute players.           | Sustained rigorous exercise for more than one hour must be rescheduled, moved indoors or discontinued. |

\*Individuals with asthma or other respiratory or cardiovascular conditions (or their caregivers) should be medically managing their conditions.

\*\*Prolonged exertion means any outdoor activity that you will be doing intermittently for several hours and that makes you breathe slightly harder than normal. Heavy exertion means intense outdoor activities that cause you to breathe hard. For more information, visit the US Environmental Protection Agency air quality web sites [www.aimow.gov](http://www.aimow.gov) and [http://www.epa.gov/aimow/aqi\\_brochure\\_08-09.pdf](http://www.epa.gov/aimow/aqi_brochure_08-09.pdf).

### References:

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