



Eugene Metro FC Air Quality Advisory

Eugene Metro FC wants to ensure that all players and coaches can enjoy training in an environment that is safe. With a significant increase in wildfires in Oregon, air quality has been a growing concern. We want to limit exposure to this harmful air as much as possible, as the club's number one priority is the health of players and coaches.

The club enforces a strict air quality policy, based on the Air Quality Index (AQI), which will determine cancellations for practices moving forward. This will guide coaches and also allow families to plan appropriately without club-wide announcements.

The club will announce practice cancellations by 3 pm the day of practice.

Air Quality

There are three reasons why otherwise healthy athletes are at special risk for inhaling pollutants. First, as physical activity increases minute ventilation, the number of pollutants that are inhaled relative to when the athlete is at rest are increased. Second, during activity, a larger proportion of air is inhaled through the mouth, which bypasses the body's built-in nasal filtration system. Third, pollutants are inhaled more deeply and may diffuse into the bloodstream more quickly during physical activity. These risks are heightened in athletes with pre-existing pulmonary or cardiac conditions.

An important and standardized national air quality resource is the National Weather Service's (NWS) Air Quality Forecast System. This system "provides the US with ozone, particulate matter and other pollutant forecasts with enough accuracy and advance notice to take action to prevent or reduce adverse effects."

A key component of this forecast system is the NWS Air Quality Index (AQI). The AQI provides real-time monitoring and alerts in response to changing air quality levels. The AQI accounts for five different pollutants, including: 1) ground-level ozone; 2) particle pollution (also known as particulate matter); 3) carbon monoxide; 4) sulfur dioxide; and 5) nitrogen dioxide. Of these, ground-level ozone and particulate matter are the most common and most concerning pollutants for outdoor physical activity. The AQI is a single number, presented on a scale of 0 – 500, where 0 indicated no air quality problems and 500 indicates the most hazardous levels of air pollution. A specialized version of the AQI for particle pollution is also available and should be consulted in those situations when threats to air quality come from wildfires, road dust, and agricultural operations.

When threatening or dangerous air quality levels are present the AQI increases, and the National Weather Service (NWS) issues a corresponding air quality alert. Those alerts and their



corresponding behavioral modification recommendations for particle pollution can be found at <https://www.airnow.gov>

To get more localized reading of air quality the club will also utilize the following service.

<https://www.purpleair.com/map?opt=1/mAQI/a10/cC0#11/44.0197/-123.1008>

Consistent with this information, Eugene Metro FC is implementing the following general guidelines that all teams, members and staff shall follow to make decisions about the holding practice or competitions during periods of air quality concerns:

- Practices and games will continue at all times in the 0-75 range
- Practices will continue when the air quality is in the 75-130 range. Coaches will moderate training sessions to accommodate. Players who choose not to attend will not be penalized as the air quality becomes challenging for those in the 'sensitive groups'.
- Practices will be canceled for all ages when air quality is 130 and higher. The DOC will make the decision by 3pm and send email alert, use website and social media.
- Games will be canceled when the air quality is 100 and above and in consultation with OYSA.



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Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0-50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51-100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101-150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health warnings of emergency conditions. The entire population is more likely to be affected.
Hazardous	301 to 500	Health alert: everyone may experience more serious health effects.