

RNSC Air Quality Policy

The following Air Quality Index (AQI) guidelines have been established by leading sport and health professionals and address the specialized requirements of outdoor endurance athletes who are exposed to wildfire smoke and other airborne pollutants.

The AQI is a time and location specific measure of air pollution. For all RNSC club and team training programs and events, the lead coach/organizer for the session/event will check the air quality using the IQAir app ([iPhone](#) or [Android](#) or [website](#)) and use the Air Quality Index (AQI) guidelines below.

AQI 0 - 90	AQI 91 - 150	AQI 151 - 200	AQI 200+
Most athletes will tolerate these AQI levels. Program changes are not recommended, but coaches/organizers should listen to and consider modifications for athletes with known sensitivities and respiratory problems as AQI levels increase.	Coaches/organizers should consider training modifications that decrease or avoid sustained, heavy breathing outdoors. This includes interval training or endurance sessions over 90 minutes duration.	These AQI levels are dangerous for those with known respiratory disease. Coaches/organizers should activate the Backup Plan for these athletes. Coaches/organizers should modify programs for Athletes without known respiratory disease, to decrease sustained, heavy breathing outdoors.	The benefits of training or competing outdoors are outweighed by the associated health risks. The Backup Plan should be activated for all athletes, coaches and event organizers.

** The Backup Plan is a training plan that has value from a conditioning perspective while simultaneously avoiding exposure to polluted air (ex: shortening duration/intensity, changing time/location, indoor training, cancelling session/event).*

The appropriate Program Coordinator, Head/Lead Coach or Event Organizer, will notify participants in advance of any sessions where AQI may require the adjustment of training or an event. The RNSC recommends that individuals use these same guidelines when exercising or training on their own.

Reference: US Ski and Snowboard Air Quality Guidelines