



**Alberta Rugby Union**

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Alberta Rugby Union

# **Air Quality Monitoring Guidelines**

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Board Approved:





## **Air Quality Monitoring Guidelines**

This document is meant to serve as a guideline for Sub–Unions, Member Clubs, Team Officials, Players and Match Officials affiliated with Rugby Alberta. As a guideline, it suggests what Sub-Unions, Member Clubs, Match Officials and Team Officials should consider in assessing air quality at local fields and awareness of potential health impacts.

### **Basis**

The best scientific information available is used for these guidelines. It will be updated as new knowledge becomes available. This guideline document includes background information about the Air Quality Health Index (AQHI), asthma management, and exercise induced bronchoconstriction (EIB).

### **Policy**

1. Go to <http://environment.alberta.ca/apps/aqhi/aqhi.aspx> (App also available)
2. Click on the AQHI station name. This brings up a pop-up box with the AQHI for that station.
3. Note the station, time, and date, and Index calculation.
  - a. Updates usually occur hourly (at the top of the hour).
  - b. Use the index calculation that is within one hour of scheduled kick-off or practice time.
  - c. If the AQHI is “7” or higher then go to steps 4 or 5 as appropriate
4. **Games**
  - a. If the Sub – Union has not cancelled games in advance all teams and Match Officials should arrive ready to play.
  - b. 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.
    - i. The Match Official reserves the final right to cancel the game if the conditions are considered dangerous, in the Match Official’s opinion.
    - ii. Match Official to submit in writing to the appropriate Sub-Union(s) the reason for abandonment with the Index calculation, time & date number calculated and AQHI station used.
  - c. If air quality changes dramatically during a game (e.g. sudden smoke event caused by wind direction change) Match Officials and Team Officials are advised to use their discretion. Record all decisions and communicate relevant information to the appropriate Sub-Union(s).

### **5. Practices**

- a. Team Officials should consider a rescheduled practice or postponing practice until a later time.



- 1) Incorporating AQHI into your training practices
  - a) Access the latest AQHI calculations
    - i) If air quality is “3” or below continue with training as normal.
    - ii) If air quality is an index of 4 – 6 then be prepared to adjust the practice by:
      - Reducing the intensity.
      - Reducing the duration of the practice.
      - Providing resting periods.
    - iii) If air quality is “7” or above reschedule.
- 2) Be aware of weather and other conditions:
  - a) Current forest fires and their locations in the province.
  - b) Local burning of stubble on fields or agricultural fields – these can increase particulate matter in the air without impacting the AQHI for a city.
  - c) Sudden and dramatic changes in wind strength and direction.
  - d) Proximity of any major road or highway.
  - e) Near or downwind of any industrial areas or other significant emission sources. 3)

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>

#### **Time Frame for Game Decisions in Alberta:**

- Appropriate Sub-Union Administrator (CRU and ERU) are to make the decision on cancellation or postponement and to make the notifications using every method possible: email, social media and websites.
- Games/festivals held in the deep south, north or central. Clubs are to initiate communication with their respective sub-union and have the sub-union make the notifications.
  - *Calgary Rugby Union; Kim Endicott 403-255-9199, [rugby@calgaryrugby.com](mailto:rugby@calgaryrugby.com)*
  - *Edmonton Rugby Union; Juliette Bradley, [eruregistrar@gmail.com](mailto:eruregistrar@gmail.com)*
- On a week day, a decision on cancellation/postponement is to be made and communicated by 1pm
- For weekend events, a decision is to be made and communicated by 1pm on the Friday

