

Clearing the Air Around the **AQHI**



While the air quality in Canada is generally good, this is not always the case. As a coach, official or sport administrator, it is important to **monitor your local air quality** to ensure participants in any **outdoor sport** activities are protected from exposure to poor air quality.

What is the AQHI?

The Air Quality Health Index (**AQHI**) presents the relative health risk for short-term exposure to common air pollutants on a scale of 1 to 10+. There are four health risk categories, **low** (1 to 3), **moderate** (4 to 6), **high** (7 to 10), and **very high** (10+).

→ The **health risk** categories are accompanied by **health messages** specific to at-risk populations and the general public.



What does it mean?

- ✓ If the AQHI value is low (1 to 3), plan outdoor activities.
- If the AQHI value is moderate (4 to 6), reduce the intensity of the outdoor activity.
- ✗ If the AQHI value is high (over 7), move the session indoors or reschedule it to another time.

Air Quality Health Index



How to use the AQHI?

1

Go to **AirHealth.ca** or download the **WeatherCAN app** and look for the local AQHI conditions. Select your region from the list.



2

On the day of your activity, check the **current AQHI** value by looking at the **observed conditions**. Monitor this reading and be ready to adapt your activity as needed.

3

When **planning** an outdoor training session or competition, look at the **forecast maximums** to see the **estimated AQHI** level for your area on your practice or competition day.

→ Choose to hold activities on days and times of day when the AQHI value is forecasted to be low risk.

4

Review the '**Who is at risk?**' resource. Remember, all sport participants are at risk, but some may be at a higher risk than others.



→ Special considerations may be needed for high-risk groups, even when the health risk is moderate.

Public Health Air Quality Alerts

Monitor radio and TV news for the regional air quality alerts issued by Environment Climate Change Canada and the regional health authorities. Based on the public health advice, you can:

- **Cancel, postpone** and **reschedule** activities
- **Move** the activity indoors when possible
- **Reduce** the intensity level of your activity if you have to conduct outdoor activities that day



Please remember these are general guidelines. It is up to you to consider the needs of your participants and the environmental conditions when planning and safely delivering outdoor sport activities.