

## AIR QUALITY INDEX GUIDELINES U.S. Soccer

If clubs/teams are aware of a potential air quality issue in their home market in advance of hosting a match, they must notify the league as soon as they become aware of the issue. Teams/Clubs can use [www.airnow.gov](http://www.airnow.gov) to determine air quality index (AQI) in the local market. AQI is to be read 1 hour prior to teams starting warmups. The table below shows the levels of concern, values of air quality index, and description of air quality:

Color	Level of concern	AQI range	Description of air quality
Green	Good	0 – 50	Satisfactory. Air pollution poses little or no risk
Yellow	Moderate	51 – 100	Acceptable. There may be a risk for some people (e.g., those who are unusually sensitive to air pollution)
Orange	Unhealthy for sensitive groups	101 – 150	Sensitive groups may experience health effects. The general public is less likely to be affected
Red	Unhealthy	151 - 200	Some members of the general public may experience health effects. Members of sensitive groups may experience more serious health effects
Purple	Very unhealthy	201 – 300	Health alert. The risk of health effects is increased for everyone
Maroon	Hazardous	301 and higher	Health warning of emergency conditions. Everyone is more likely to be affected

Note: Table adapted from United States Environmental Protection Agency (2014)

Based on the reading the following should be considered:

Air Quality Index	Guidelines
100 – 150	Add one hydration break per half to be taken at the 30' and 75' or at a natural break close to the times
	Players with underlying health conditions (Asthma or Respiratory Conditions) should use caution and will communicate with local coach/club and each team to monitor players with complicating health issues. To make decisions in the players best interests and risk category
	If Athletic Trainers on-site make them aware of any players and or coach or referee with potential risk factors
> 150	Four hydration breaks will be taken at the 15', 30', 60', and 75' or at a natural break close to the times
	Team coaches have awareness and start communicating regarding any at-risk players and how to best continue forward for the health of the players
	Should coordinate with local public health officials and be in line with local and or regional restrictions if in place- this should take into account players, coaches, referees and spectators
	If Medical on-site (Athletic Trainers) consider having oxygen ore Emergency
	Medical Services available if any acute respiratory conditions arise
AQI approaching 180-200	If possible move trainings to indoors when available
	Consideration for postponing or canceling training and or Match
	If possible move trainings indoors
> 200	Should coordinate with local public health officials and be in line with local and or regional restrictions if in place- this should take into account players and spectators
	Cancel or postpone all outdoor trainings and or Match play

If you want to get more information, go to: <https://www.airnow.gov/publications/air-quality-index/air-quality-index-a-guide-to-air-quality-and-your-health/>

At all times adhere to and collaborate with local and state public health department guidelines.

#### **References**

United States Environmental Protection Agency. (2014). *Air Quality Index - A guide to air quality and your health*.  
<https://www.airnow.gov/publications/air-quality-index/air-quality-index-a-guide-to-air-quality-and-your-health/>