Motion 1811LL1

Purpose: The increased occurrence of wild fires in California has affected a number of swim meets in Air Quality Issues affecting Meet Operation (P&P motion, 30 days)

Purpose: The increased occurrence of wild fires in California has affected a number of swim meets in Pacific Swimming over the last 18 months. This motion is to establish guidelines for conducting swim meets when Air Quality may become an issue.

The EPA document (EPA-456/f-11-005) "***Air Quality and Outdoor Activities: Recommendation for Schools***" should be used as a guide that Pacific Swimming can refer to in the decision process for conducting meets.

Recommendation:

AQI of 0-50	No impact on meet conduct
AQI of 51-100	Meet held or continued. Decision to swim or not resides with swimmers/coaches/parents. No show penalty, if applicable, suspended at meet
AQI of 101-150	Meet may be held or continued, Decision to swim or not resides with swimmers/coaches/parents. No show penalty, if applicable, suspended at meet
AQI of 150+	Meet should be cancelled or stopped (if ongoing)

Source of AQI:

Reliable website(s) should be used for AQI information. A primary site and a secondary (backup) site that provides AQI information on or near (5-15miles) to the swim venue should be used. AQI indices of any location is quite dynamic and can vary greatly depending on weather patterns. Specific location data should be used as the geographic peculiarities of the Bay Area can greatly affect neighboring locals with vast differences in microclimate.

The preferred primary site is AirNow.gov (an EPA site). A secondary site (purpleair.com) should also be established as the EPA site could be slowed or completely down due to traffic volume especially before and/or during swim meets. A single point of contact should be established and made responsible for providing the AQI data. Continued (hourly) monitoring should be done if the AQI of the venue is between 101-150.

Decision process:

Meet host should check with meet venue facility manager to verify that the venue will be open and the criteria the facility manager will follow for closing the venue.

Prior to the meet, after obtaining clarification from the facility manager regarding closure of the swim venue, the responsibility to decide whether to hold the meet or not should be a joint decision between the Meet Referee and the Meet Host.

During the meet, a Meet committee consisting of Meet Referee, Meet host, coach(s) and athlete should be established to review AQI monitoring data and to recommend the course of action. The AQI data and common sense should be used in the decision process. Always refer to AQI Index using the EPA recommendation as a guideline.

Timing and Communication of Decision:

If poor air quality situations occur days before the meet, Meet host and Meet Referee should start monitoring AQI at least daily before the meet, and have an action plan in place. This should include a proposed cutoff limit numerical value of AQI.

Deadline for decision to hold a meet or not should be made as early as possible giving affected parties such as swimmers, parents, coaches, officials ample time to plan.

If the decision is to be made the day of the meet, decision and announcement should be made no later than 6:00 AM the day of the meet.

A single website should be the single information source. Secondary websites should only provide links to the primary website rather than duplicating the information, as the situation may change and using different websites will only contribute to the confusion.

Recommendation for Pacific Swimming for mass Communication:

Develop the ability to send mass e-mail to the list of swimmers entered in any particular meet. An electronic list of e-mails of swimmers can be obtained from the online entry system such as Swim Connection. The ability to send e-mails using this list of e-mail addresses to notify swimmers of meet cancellation to augment the host club website is desirable.
Air Quality Issues affecting Meet Operation (P&P motion, 30 days)

Air Quality and Outdoor Activities: Recommendations for Schools

Air Quality Index (AQI) Chart for Ozone (8-hr standard)

ACTIVITY	0 to 50 GOOD	51 to 100 MODERATE	101 to 150 UNHEALTHY FOR SENSITIVE GROUPS	151 to 200 UNHEALTHY	201 to 300 VERY UNHEALTHY
Recess (15 min)	No Restrictions	No Restrictions	Make indoor space available for children with asthma or other respiratory problems.	Any child who complains of difficulty breathing, or who has asthma or other respiratory problems, should be allowed to play indoors.	Restrict outdoor activities to light to moderate exercise.
P.E. (1 hr)	No Restrictions	No Restrictions	Consider making indoor play space available for children with asthma or other respiratory problems.	Any child who complains of difficulty breathing, or who has asthma or other respiratory problems, should be allowed to play indoors.	Restrict outdoor activities to light to moderate exercise not to exceed one hour.
Scheduled Sporting Events	No Restrictions	Individuals who are unusually sensitive to ground-level ozone should limit intense activities.	Individuals with asthma or other respiratory or cardiovascular illness should increase rest periods and reduce activities to lower breathing rates.	Consideration should be given to rescheduling or relocating event.	Event should be rescheduled or relocated indoors.
Athletic Practice and Training (over 1 hr)	No Restrictions	Individuals who are unusually sensitive to ground-level ozone should limit intense activities.	Individuals with asthma or other respiratory or cardiovascular illness should increase rest periods and reduce activities to lower breathing rates.	Activities over 1 hour should decrease intensity and duration. Add rest breaks or substitutions to lower breathing rates.	Sustained rigorous exercise for more than one hour should be rescheduled, moved indoors or discontinued

EPA United States Environmental Protection Agency

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HOW TO USE THIS CHART

This chart is for restrictions of outdoor activities affected by ground-level ozone pollution. It should be used to modify plans for outdoor activities such as recess, lunch, and physical education class. It is best used in conjunction with ozone air quality forecasts. If a code red ozone day is expected, consider moving prolonged or vigorous activities inside or rescheduling them to morning hours to decrease exposure to ozone pollution. Next day air quality forecasts are updated by 5 pm Eastern Time and the ozone maps or measured air quality levels are updated hourly. Both can be viewed at www.airnow.gov.

Here's an example of how this chart may be used to determine changes for a Friday afternoon physical education program:

Step 1: Thursday afternoon, check the air quality forecast for Friday at www.airnow.gov. While there, sign up for EnviroFlash at www.enviroflash.info, to receive the forecast by e-mail.

Step 2: If the air quality forecast for Friday is Orange, or Unhealthy for Sensitive Groups, make arrangements to have indoor space available for children with asthma or other lung diseases.

Step 3: On Friday before class, go to www.airnow.gov to check if there are any updates to the forecast. Some state and local air quality agencies will update the current day's forecast to a different color if pollution is worse than originally expected. If you subscribe to EnviroFlash emails, you can choose to be notified via email of forecast updates.

The health benefits of regular exercise are well documented. The intent of this chart is to help children continue to exercise while protecting their health when air quality is poor. Even when air quality is poor, exercise can be continued indoors. Indoor air can have significantly less ozone than outdoor air.

Health Effects of Ground-level Ozone (O3)

- Constriction of airways forcing the respiratory system to work harder to provide oxygen
- Coughing, pain when taking a deep breath, wheezing and inflammation of the airways including the deep portions of the lungs
- Increased fatigue
- Reduced athletic performance
- Aggravated lung disease

Long-term exposure to polluted air can have permanent health effects including decreased lung function, possible development of diseases such as asthma and bronchitis, or a shortened life span. Ground-level ozone reaches its highest level during the afternoon and early evening.

Please note: Before cancelling a scheduled outdoor athletic event, call your local air quality agency for up-to-date information for your specific location.

Resources: AIRNOW (www.airnow.gov), EnviroFlash (www.enviroflash.info)

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* For wildfires or other air pollution episodes, it may be necessary to modify these recommendations to minimize outdoor physical activities. In this situation, contact your local Air Quality Agency for more details.