

Eastern Ontario Soccer League

Air Quality Policy

Policy Statement

Poor air quality can impact the health and performance of outdoor sport participants, including athletes, coaches and sport officials. EOSL recognizes the potential short and long-term health effects of engaging in physical activity outdoors when the air quality is poor. EOSL is fully committed to reducing the risk posed to outdoor sport participants from poor air quality to help contribute to safer outdoor activities and events.

Purpose and Scope

This Policy aims to increase the safety of all league participants with respect to air quality. To do this, EOSL will provide its members with evidence-informed strategies to prevent or limit participants' exposure to air pollution. The information in this Policy applies to all individuals and at all times during EOSL events and activities.

Air Quality Awareness

EOSL will make this Policy readily accessible to members on our website, www.eosl.ca and will ask that all sport participants, parents, coaches, and officials review it at the beginning of each season. All Member Club coaches are encouraged to discuss poor air quality and its effects on health during a pre-season meeting with athletes and parents.

Monitoring Air Quality

Just as outdoor training or competition may be cancelled or rescheduled due to lightning or other weather conditions, it is essential to take similar actions to protect outdoor sport participants when the air quality is poor.

You can find your local Air Quality Health Index (AQHI) by visiting AirHealth.ca or by downloading the WeatherCAN app. The WeatherCAN app can also be used to receive notifications when the AQHI exceeds a pre-set level.

Managing Participants Health with Respect to Air Quality

Index values between one and three are considered low risk, four to six are moderate risk, seven to 10 are high risk and greater than 10 are very high risk

The forecasted and observed AQHI values will be used to prevent or limit participants' exposure to air pollution. Specifically:

If the Air Quality Health Index (AQHI) is projected to be 6 or 7 at game time, then water and rest breaks will be mandated at around every quarter of the game.

if the AQHI is projected to be 8 or higher at game time, then games will be cancelled

The decision will be made by 3:00 pm each day to give time for communication to participants.

The decision will be made for each playing area by League Operations and each District separately because air quality can be different across the playing region.

Cancellations will be noted on the league website and game cancellations will be sent to Team and Club Officials, as well as Referees..

Policy Review

This Policy was created by the East Ontario Soccer League on April 23, 2024. The Policy will be reviewed annually to ensure that it continues to align with the best practice recommendations of health experts.