

## **Beverly Hills High School Athletic Department- Air Quality Policy**

With ever increasing incidents of yearly wildfires, SMOG and other air particulates including various pollutants due to construction on campus and surrounding local work, BHHS will aim to protect the health and welfare of its student athletes related to air quality. Using national guidelines and indicators related to air quality and health, the following information will be utilized and shared with staff in the best interest of student health.

“The AQI provides real-time monitoring and alerts in response to changing air quality levels. The AQI accounts for five different pollutants, including: 1) ground-level ozone; 2) particle pollution (also known as particulate matter); 3) carbon monoxide; 4) sulfur dioxide; and 5) nitrogen dioxide. Of these, ground-level ozone and particulate matter are the most common and most concerning pollutants for outdoor physical activity. The AQI is a single number, presented on a scale of 0 – 500, where 0 indicated no air quality problems and 500 indicates the most hazardous levels of air pollution. A specialized version of the AQI for particle pollution is also available and should be consulted in those situations when threats to air quality come from wildfires, road dust, and agricultural operations.”

BHHS will maintain portable monitoring devices to obtain current and accurate outdoor air quality on a regular daily basis. Other methods of monitoring air quality will include the online services of South Coast AQMD and the Los Angeles County Coastal AQI. Monitoring and posting or alerting the staff of such warnings will be the duty of the Athletic Trainer along with the District Director of Athletics and JPA.

Similar to the NCAA guidelines on air quality and health of student athletes, along with the Sport Science Institutes recommendations, the following parameters will be followed at BHHS for air quality and athletics.

- 1.) Daily monitoring of local AQI and associated air quality alerts, especially during times of extreme environmental conditions.
- 2.) Exposure will be managed more conservatively for student-athletes with pre-existing pulmonary or cardiac conditions, which may exacerbate the complications of these conditions and lead to an acute medical emergency.
- 3.) Specifically, at an AQI of 125 or higher, BHHS will recommend removing sensitive athletes from outdoor practice or competition venues and will closely monitor all athletes for respiratory difficulty. Reduce heavy or prolonged exertion in sensitive individuals.
- 4.) At AQIs of over 150, outdoor activities should be shortened to 60 minutes or less, and exertion should be minimized by decreasing the intensity of activity. Sensitive athletes should be moved indoors.
- 5.) At AQIs of 200 or above, outdoor practices will be rescheduled or moved indoors. Prolonged exposure and heavy exertion should be avoided indoors. Practice is limited to a max time of 60 minutes in all indoor facilities.

- 6.) At AQIs of 300 or above, indoor and outdoor activities will be canceled. Indoor activity will be canceled due to the inability to close the facility from outdoor air and lack of any and all filtration or working HVAC systems.

School emergency action plans should guide the emergency care response in these circumstances, and staff should rehearse the plan at a minimum of once a year

#### REFERENCES:

NCAA Sport Science Institute guidance on Air Quality

NCAA Committee on Competitive Safeguards and Medical Aspects of Sports

AQI/ AQMD\ Air Quality index Chart

<http://www.aqmd.gov/docs/default-source/students/air-quality-index-chart.pdf>