



EYSA Air Quality & Temperature Safety Guidelines:

Air Quality

Washington Department of Health issued the attached Air Quality Guide for School & Child Care Activities. Per those guidelines, if the air quality index reaches “Unhealthy for Sensitive Groups” (AQI of 100 - Orange) EYSA recommends all outdoor soccer related activities be suspended and or cancelled until the air quality reaches good to moderate readings.

Players Uniquely Sensitive to Unhealthy Air Quality: It would be expected that player/parent and coach communicate regarding such sensitivity and if the player chooses to participate it is at their own risk. Always though, at the end of the day, every family has the autonomy to make decisions based on what you feel is best for your child/family and your decision will be respected.

Each club shall decide suspensions and/or cancellations for their own training sessions and home games. Away games are to be decided by the home club. Clubs should review the WA Dept. of Ecology air monitoring map (<https://enviwa.ecology.wa.gov/home/map>) and zoom into the EYSA area. Note: the Dept. of Ecology monitoring stations are the same data source used at Airnow.gov. Clubs should locate the monitoring station closest to their activities to determine the current air quality index (AQI).

Recognizing that air quality monitoring and reporting is an evolving science, EYSA notes that there are newer monitoring networks that may be of use. Some of the network sites are listed below. Each club should familiarize themselves with the data and limitations of each site and determine if they are useful for cancellation decisions.

- Purple Air – <https://www.purpleair.com/>
- Airnow Fire and Smoke Map - <https://fire.airnow.gov/>

Heat

Heat and cold guidelines noted below are based on the recommendations in US Soccer’s Recognize to Recover Heat Guidelines: <http://www.recognizetorecover.org/environmental#environmental-conditions>. Clubs should consider whether or not to implement more conservative guidelines that may be more appropriate for youth soccer.

EYSA clubs are in Region Category 1. At or beyond a Wet Bulb Globe Temperature (WBGT) of 86.2 degrees Fahrenheit, club should consider cancelling or delaying until cooler. At a WBGT of 89.6 degrees Fahrenheit, hydration breaks of four minutes for every 30 minutes of continuous play should be considered for match play.

For WBGT temperatures between 84 and 86.2 degrees Fahrenheit, clubs should consider limiting training to an hour in duration, with four hydration breaks for players to recover. More information on these policies, the US Soccer Heat Index, alert levels and work-to-rest ratios are provided in the Recognize to Recover Heat Guidelines. Clubs should also consider local conditions, such as shade, wind, field surface (artificial turf tends to retain heat more than natural grass), and/or proximity to heat sinks such as large bodies of water.

- The six EYSA clubs will index their heat and cold safety recommendations based on the following websites:
 - BUFC, LHSC: <https://weather.com/weather/hourbyhour/l/USWA0027:1:US>
 - MIFC: <https://weather.com/weather/hourbyhour/l/USWA0271:1:US>
 - EFC: <https://weather.com/weather/hourbyhour/l/USWA0354:1:US>
 - IFC: <https://weather.com/weather/hourbyhour/l/USWA0197:1:US>

Cold

Heat and cold guidelines noted below are based on the recommendations in US Soccer's Recognize to Recover Heat Guidelines: <http://www.recognizetorecover.org/environmental#environmental-conditions>. Clubs should consider whether or not to implement more conservative guidelines that may be more appropriate for youth soccer.

The Wind Chill Temperature (WCT) Index is provided within U.S. Soccer's Recognize to Recover program. EYSA clubs should consider cancelling or moving indoors when the WCT falls below 0 degrees Fahrenheit. At a WCT between 1 and 15 degrees Fahrenheit, clubs should consider modifying training activities to limit players' exposure.