



Air Quality Safety Guidelines

NWT Soccer

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Player health and safety is a top priority for NWT Soccer. This document is to serve as a guideline for member organization, team officials, player and referees of NWT Soccer. It suggests what members should consider in assessing air quality at local fields and awareness of potential health impacts.

Guidelines

- 1) Go to https://weather.gc.ca/airquality/pages/provincial_summary/nt_e.html
- 2) Find the location, note the station, time and date, and index calculation. The index is normally updated hourly (at the top of the hour) and suggested to use the index calculation that is within one hour of scheduled kick-off or practice time.

3) Matches and Tournaments

If the Air Quality Health Index (AQHI) is “7” or high recommended to postpone/reschedule match.

If the AQHI is still above “7” at the rescheduled kick-off time, team involved, and the match officials should consider delaying kick-off or cancelling the match.

The match official (registered referee) reserves the final right to cancel the match if the conditions are considered dangerous, in their opinion.

Referee to write on game sheet reason for abandonment with the index calculation, time and date number.

If the air quality changes dramatically during a match (i.e. sudden smoke event caused by wind direction change) referees and team officials are advised to use their discretion. Record all decisions and relevant information the game sheet.

4) Training, Practices and Other Events

If the Air Quality Health Index (AQHI) is “7” or high recommended to reschedule practice, postpone, or move indoors.

5) Incorporating Air Quality calculations into Soccer Activity/Event

1. Incorporating AQHI into your training practices
 - a. Access the latest AQHI calculations
 - a. If air quality is “3” or below, continue with training as normal.
 - b. If air quality is an index of 4-6, then be prepared to adjust the practice by:
 - c. Reducing intensity
 - d. Reducing the duration of the practice



- e. Providing resting periods
 - b. If air quality is “7” or above, reschedule or move indoors.
2. Be aware of weather and other conditions:
 - a. Current forest fires and their locations in the Territory.
 - b. Local burning or stubble on fields – these can increase particulate matter in the air without impacting the AQHI for a Community.
 - c. Sudden and dramatic changes in wind strength and direction.
 - d. Proximity of any major road or highway.
 - e. Near or downwind of any industrial areas or other significant emission sources.
3. NWT Health & Social Services has an Air Quality Advisory website. This site is helpful for planning your outdoor event:
<https://www.hss.gov.nt.ca/en/services/environmental-health/air-quality>