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## Air Quality Guidelines

Saskatoon Adult Soccer follow the government of Canada's Air Quality Health Index (AQHI) and we will stop play when the AQHI reaches level 8.

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population*	General Population
Low	1 - 3	<b>Enjoy</b> your usual outdoor activities.	<b>Ideal</b> air quality for outdoor activities.
Moderate	4 - 6	<b>Consider reducing</b> or rescheduling strenuous activities outdoors if you are experiencing symptoms.	<b>No need to modify</b> your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High	7 - 10	<b>Reduce</b> or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	<b>Consider reducing</b> or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High	Above 10	<b>Avoid</b> strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	<b>Reduce</b> or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

\* People with heart or breathing problems are at greater risk. Follow your doctor's usual advice about exercising and managing your condition.

<https://www.canada.ca/en/environment-climate-change/services/air-quality-health-index/understanding-messages.html>

To review Saskatoon's current conditions, go to: [https://weather.gc.ca/airquality/pages/skaq-002\\_e.html](https://weather.gc.ca/airquality/pages/skaq-002_e.html)