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**Air Quality Health Index**

**Air Quality Health Index (AQHI) Categories:**

1. Low Risk (1-3): Air quality is considered good, and outdoor activities can proceed as scheduled.
2. Moderate Risk (4-6): Moderate air quality; activities can continue, but individuals with respiratory conditions should take precautions.
3. High Risk (7-9): **Play is permissible with caution and modified activities.**Unhealthy for sensitive individuals and groups; consider rescheduling or modifying outdoor activities. Softball activities should be carefully evaluated, and organizers should consider shortening warm-up and practice times, modifying activities, or moving indoors, especially for individuals with respiratory or cardiovascular conditions. At-risk individuals, including those with respiratory or cardiovascular conditions, should not participate in outdoor softball activities during High-Risk conditions.
4. Very High Risk (10+): **Play is not permissible for a Softball Saskatchewan sanctioned event.**Very unhealthy; outdoor activities are to be rescheduled if possible, and individuals with health concerns should avoid prolonged exertion.

**Air quality can change quite quickly. Some delays or cancellations may be temporary.**

**Please see below for the Environment Canada Air Quality link.**

[**https://weather.gc.ca/airquality/pages/provincial\_summary/sk\_e.html**](https://weather.gc.ca/airquality/pages/provincial_summary/sk_e.html)