



MEMORANDUM

TO: MEMBER SCHOOL ATHLETIC DIRECTORS AND PRINCIPALS
FROM: JORDAN ABNEY, EXECUTIVE DIRECTOR
SUBJECT: POOR AIR QUALITY ACROSS BC
DATE: AUGUST 21, 2018
CC: BCSS SPORT COMMISSIONERS

As we are now less than two weeks away from the arrival of students for the new school year, it also means that many of our football programs are beginning to prepare for their season with their pre-season camp activities.

As the air quality across almost the entire province remains poor, it is imperative that each school, including the administration, athletic director and coaches are evaluating their local air quality situation, and when necessary modifying the daily activities to ensure we are placing the utmost importance on the health and safety of our student-athletes.

Much of the province is currently under an advisory from Health Canada, and it is important for our schools to be aware of the Air Quality Health Index (AQHI) in their area. The AQHI can change from day to day, or even over the course of a few hours with winds, precipitation or other weather patterns, so it is important that it is being monitored regularly.

The government of Canada site with current AQHI values can be found here: https://weather.gc.ca/airquality/pages/provincial_summary/bc_e.html, in addition, many weather Apps also include AQHI readings.

BCSS does not have a formal policy and decisions regarding modification of training camp activities will be made at the school level, but BCSS provides the following guidelines:



- **AQHI 4-6: Moderate Risk** – Activities can be performed as normal, but provide extra recovery time where required, and coaches should perform keen athlete observation for the any signs of distress, coughing or throat irritation.
- **AQHI 7-9: High Risk** – Outdoor activities should be modified to lessen the strenuous nature of the activities, exposure time should be monitored and lessened where possible.
- **AQHI 10+: Very High Risk** – Strenuous activities should be moved indoors, periods of exposure outdoors should be minimalized, and outdoor activities should be restricted to low or moderate intensity activities.

We are hopeful that some precipitation forecasted for much of the province this weekend will materialize and assist in removing some of the particulate matter from the air. BCSS will continue to monitor the situation, and will provide future guidance, if required, as we approach the start of the school year and any early season competitions in all of our Fall sports.

Any questions can be directed to the BCSS office at 604-477-1488, or emailed to info@bcschoolsports.ca. We wish you the best in your preparations for the school year, and look forward to a great year of school sport ahead.

Thank you,

A handwritten signature in black ink, appearing to read "Jordan Abney".

Jordan Abney
Executive Director