



City of Selah

Parks & Recreation Department
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216 S 1st Street, Selah, WA 98942

WEATHER AND SMOKE POLICY

In our attempt to continue to improve the professionalism and safety for the youth in our community, Selah Parks and Recreation will use following code regarding the smoke and temperature for youth sports.

Temperature

Cold Stress and Cold Exposure

Any individual can lose body heat when exposed to cold air, but when the physically active cannot maintain heat, cold exposure can be uncomfortable, impair performance and may be life-threatening.

Important factors to decrease the possibility of cold exposure injury or illness are:

- Wear appropriate clothing (dress in layers and stay dry)
- Maintain energy levels (via the use of meals, energy snacks and carbohydrate/electrolyte drinks)
- Stay hydrated
- Minimize fatigue and exhaustion
- Warm-up properly prior to activity

Wind-Chill Temperature Guidelines/Adjustment

- 30-25 – Be aware and ready for possibility of cold injuries. Total exposure time: maximum 2 hours.
- 25-15 – Cover exposed skin. **Offer re-warming every 20 minutes.**
- 15-0 – Consider limiting/modifying activity to limit exposure. **Offer rewarming every 15 minutes.** Total exposure time: maximum of 60 minutes.
- < 0 – **Cancel practice, reschedule or move indoors.**

Selah Parks and Recreation will cancel practices and games if the temperature is zero or below. Games will be rescheduled as permitted by weather and time. There is no guarantee games will be rescheduled and inability to do so will not warrant a refund.

Air Quality

The Air Quality Index (AQI) is an index for reporting air quality. It tells how clean or polluted the outdoor air is, and what associated health effects might be. The AQI focuses on health effects that may be experienced with a few hours or day after breathing polluted air. The Environmental Protection Agency (EPA) calculates the AQI for five major air pollutants regulated by the Clean Air Act: ground-level ozone, particulate pollution; carbon monoxide, sulfur dioxide, and nitrogen dioxide.

There are three reasons why otherwise healthy athletes are at special risk for inhaling pollutants. First, as physical activity increases minute ventilation, the number of pollutants that are inhaled relative to when the athlete is at rest are increased. Second, during activity, a larger proportion of air is inhaled through the mouth, which bypasses the body's built-in nasal filtration system. Third, pollutants are inhaled more deeply and may diffuse into the bloodstream more quickly during physical activity.

THE FOLLOWING PROTOCOLS WILL BE USED FOR SOCCER PRACTICE/GAMES CANCELLATIONS FOR AIR QUALITY:

Air Quality Index (AQI)

0 – 50 Green Good
Air quality is satisfactory and air pollution poses little or no risk.

51 – 100 Yellow Moderate
Air quality is acceptable; however, staff and participants with respiratory illnesses should be closely monitored.

101 – 150 Orange Unhealthy for sensitive groups
Coaches will be allowed to make the decision on whether or not to hold practices, but a league-wide cancellation will NOT be issued.

150 + Red Unhealthy and Very Unhealthy
Practices, games and pool will be cancelled/closed when the air quality is at an Unhealthy level (151-200). *Selah Parks and Recreation will issue league-wide cancellations for practices or games. Games will be rescheduled as permitted by weather and time. There is no guarantee games will be rescheduled and inability to do so will not warrant a refund.*

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health alert: everyone may experience more serious health effects
Hazardous	301 to 500	Health warnings of emergency conditions. The entire population is more likely to be affected.