

Air Quality Guidelines

We use the Air Quality Index (AQI) to track changing conditions in our area. This information can be easily found on your phone's weather app, or online from a variety of sources. Our go-to site for AQI is the one labeled '**Jackson SLAMS**' at this website:

<https://fire.airnow.gov/?lat=43.472501199999996&lng=-110.76026449999999&zoom=10>

Following best recommendations, we've come up with these guidelines:

	AQI 0-49 - Good	Let's go train!
	AQI 51-99 - Moderate	U16+ - Train as normal, but consider reducing intensity towards the upper end of the range U14s and younger - Train at low intensity with added breaks outdoors or move indoors if possible
	AQI 100-149 - Unhealthy for Sensitive Groups	U16+ - No interval training, can still complete easy distance training outside for shortened durations U14s and younger - No outdoor training, can train indoors if possible or do shortened, easy, non-aerobic team building activities outdoors
	AQI 150-199 - Unhealthy	U16+ - No organized outdoor aerobic practices, indoor strength training is permitted U14s and younger - No organized training
	AQI 201-249 - Very Unhealthy	U16+ - Light, non-aerobic indoor training only with air filtration U14s and younger - Indoor exercise not recommended

We may occasionally decide to hold organized practices outside even when the AQI is above 100 for U14 and under and 150 for U16+. These practices will be shortened and the focus will be more holistic training activities such as team building, goal setting, or technique review. There will not be an aerobic component to these sessions.

*When the AQI is over 100, Athletes with existing respiratory issues, such as asthma, should be extra cautious. There is a greater risk of long-term health impacts associated with poor air quality when exposure is sustained over long periods of time - weeks or months. As a program, we will do our best to reduce our risk by adapting practices to the changing air quality. Air quality can change drastically throughout the day, so **please check your email regularly as practice plans may change!***

The Jackson Hole Ski & Snowboard Club Air Quality Guidelines were developed through conversations with coaches from other clubs, a local pulmonologist, and our staff.

