

Weather-Ready Coaching



Air Quality Health Index

Participants breathe more deeply during sport, which means they take in more air, and more air pollution. Poor air quality can affect breathing, performance, and overall health. Monitoring the Air Quality Health Index (AQHI) helps coaches make safe, informed decisions for participants.

Understanding the weather helps coaches to spot risks, plan ahead, and act quickly to keep everyone safe.

Be Prepared



Check ahead

Use the WeatherCAN app to set **custom air quality alerts** and check the local AQHI before and during your outdoor activity.



Know your participant

Those with respiratory issues like asthma are at a higher risk of health problems when exposed to air pollution.



Be aware

Know the common signs of air pollution sensitivity; coughing, wheezing, shortness of breath, chest tightness.



Have a back-up plan

Choose an indoor option as a backup venue and make note of it in your **Practice Plan**.

Monitor

The AQHI shows coaches and organizers of outdoor sporting events the health risk from air quality. Check the AQHI before and during an activity, as AQHI levels can change quickly.

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

Take Action



Modify

Lower the intensity of the activity, move indoors, or consider rescheduling the event when the AQHI is between 4 - 6 if in an at-risk group or a participant is showing symptoms.



Reschedule

Consider moving the activity to an indoor location or postponing to another time when the AQHI is 7+.



Observe

If anyone has symptoms related to air pollution, bring them indoors, and get medical advice for moderate or severe reactions.

Match your plan to the activity, effort level, and the age and health of your participants.

This project was undertaken in partnership with the Government of Canada.
Ce projet a été réalisé en partenariat avec le gouvernement du Canada.



Download the WeatherCAN app or visit Canada.ca/weather for local, up-to-date weather information in Canada.

