

USA Ultimate Air Quality Index Guidelines		<a href="https://www.airnow.gov">https://www.airnow.gov</a>
AQI	Air Precaution Level	Activity and Rest-Break Guidelines
≤50	Level 0	Normal Activity
51-100	Level 1	<ol style="list-style-type: none"> <li>1. Sensitive athletes*               <ol style="list-style-type: none"> <li>a. Reduce heavy or prolonged exertion</li> <li>b. Consider removing from competition</li> </ol> </li> <li>2. Closely monitor all athletes for respiratory difficulty**</li> </ol>
100 – 149	Level 2	<ol style="list-style-type: none"> <li>1. Sensitive athletes*               <ol style="list-style-type: none"> <li>a. Avoid outdoor activity</li> </ol> </li> <li>2. Closely monitor all athletes for respiratory difficulty**</li> <li>3. One official respiration break per half.               <ol style="list-style-type: none"> <li>a. First-half break occurs when first team reaches 4.</li> <li>b. Second-half break occurs when first team reaches 12</li> </ol> <p style="text-align: center;"><b>or</b></p>               when soft cap is applied, whichever comes first.             </li> <li>c. Break extends the time between points by 4 minutes before the next pull (i.e. total of 5 minutes 30 seconds).</li> </ol>
150 – 199	Level 3	<ol style="list-style-type: none"> <li>1. <b>Level 2 Recommendations and ...</b></li> <li>2. Time between each point is extended by 1 minute (i.e. adds 60 seconds to existing 90 second period).</li> <li>3. Maximum game length is 90 minutes. Rounds scheduled for longer will be shortened to 90-minute hard cap. Soft cap will be adjusted to 20 minutes before hard cap.</li> <li>4. Minimum time between rounds is 30 minutes.</li> <li>5. Schedules with less time will be adjusted &amp; communicated.</li> </ol>
≥200	Level 4	<p><b>Outdoor play cancelled.</b></p> <p>Games rescheduled for indoor venue or improved conditions (i.e. &lt;200 AQI).</p>

\*Athletes with asthma should follow their asthma action plans and keep their quick-relief medicine handy.

\*\*Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even athletes who do not have asthma could experience these symptoms. If symptoms occur: The athlete might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.