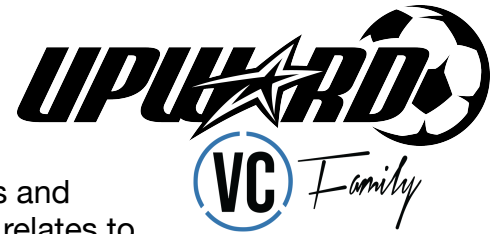


# UPWARD AT VC FAMILY AIR QUALITY POLICY



The Upward Soccer Air Quality Policy serves to guide coaches and players about unsafe conditions for practices and games as it relates to air quality. We will use the National Standards as established by the EPA at [www.airnow.gov](http://www.airnow.gov)

## AIR QUALITY SCALE

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.

## AIR QUALITY RANGES:

- Practices and games will continue at all times in the 0-100 range
- Practices and games may be canceled for players when air quality is over 100
- Practices and games will be canceled for all ages when air quality is 150 or higher

*NOTE: Players who choose not to attend practices or games when the AQI is above 100 will not be penalized on a parents choice to keep their child home as the air quality becomes challenging for those groups sensitive to this level of Air Quality.*