



Oregon School Activities Association  
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August 29, 2017

To: Superintendents, Principals, and Athletic Directors

From: Peter Weber, Executive Director

Subject: Air Quality Recommendations and Requirements

The current Air Quality issues that many member schools are facing due to forest fires in different regions around the state has led to increased calls to the OSAA office requesting additional guidance on how to approach determining status for scheduled practices and contests.

The staff has reached out to the OSAA Sports Medicine Advisor and reviewed various policies by state and federal medical organizations and other states facing similar issues. The following expectations are because of this effort.

Air Quality Index information for all regions can be found on the Oregon Department of Environmental Quality website located <http://www.deq.state.or.us/aqi/> or on the Air Now – Oregon Air Quality website located at [https://airnow.gov/index.cfm?action=airnow.local\\_state&stateid=38](https://airnow.gov/index.cfm?action=airnow.local_state&stateid=38).

Given the random behavior of factors related to the calculation of the AQI in different areas of the state (wind speed and direction) member schools not in proximity to a reporting station shown on these websites should consult with local state and/or federal authorities to help determine the AQI in your specific area. AQI should be monitored throughout the day to have the best data possible to make informed decisions about practice and competition.

Member schools will modify or cancel outdoor athletic events (practices and competition) in accordance with Air Quality Index (AQI) guidance.

- AQI over 100

Student athletes with pre-existing pulmonary or cardiac conditions, which may be worsened by poor air quality, should be closely monitored and those student-athletes with asthma should have rescue medication immediately available when needed. These student athletes should also be given additional rest breaks, as needed.

- AQI over 150

Because of the need for increased intensity during prolonged periods of time, all outdoor contests shall be cancelled. Practices, not more than 2 hours in length, may be conducted but they should include frequent rest breaks and a decrease in normal intensity. All athletes should be closely monitored for potential complications. Student athletes with pre-existing pulmonary or cardiac conditions should be removed from all activity.

- AQI over 200

All outdoor activities (practice and competition) shall be cancelled.