



# Babe Ruth Calgary

Babe Ruth Baseball Association of Calgary

[www.baberuthcalgary.com](http://www.baberuthcalgary.com)

PO Box 5052 Stn A  
Calgary, AB T2H 1X1

## Babe Ruth Calgary Air Quality Policy

Babe Ruth Calgary Air Quality Policy

Effective Date: May 31, 2019

Review date: May 1, 2020

Approved By: Babe Ruth Calgary Board of Directors

Applies to: Babe Ruth players, coaches, officials and spectators of Babe Ruth Calgary

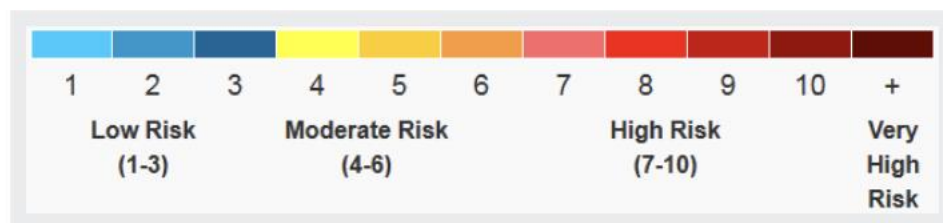
Reason for Policy: To effectively ensure the safety of Babe Ruth players, coaches, officials and spectators of Babe Ruth Calgary as applies to air quality or lack there-of.

Policy Statement: The Air Quality Health Index (AQHI) is a recognized risk management measurement which describes a local reading of air quality as it relates to human health. The AQHI is not real time reporting and can have a lag-time of over one hour. If air quality is changing during athletic activity, be aware of the common symptoms of irritated eyes, coughing and difficulty breathing in addition to the reported AQHI index.

**AQHI of 7 or higher means that play should be stopped immediately.**



### SPECIAL AIR QUALITY STATEMENT





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An AQHI index of 7 and over indicates “high risk” from air pollutants. An AQHI index of 4-6 indicates ongoing AQHI air monitoring. Game/tournament officials should be aware if the index reaches 7 or higher. In practice situations, athletic activity should be adjusted through reduced intensity, reduced duration and providing rest periods.

The AQHI treats an index of 10+ as “Very High Risk” with health messages for the “general” and “at risk” populations to reschedule all outdoor activities, strenuous or not. Athletes fall into the “at risk” population because of the intensity and duration of exposure to outdoor air quality.

In an effort to provide consistency and guidelines to coaches and players, the following will be implemented by BRC:

- If at 4 pm the AQHI is at 7 or higher the league will be cancelling games and practices for that evening
- For weekend games, if at 7 am the AQHI is at 7 or higher the league will be cancelling games and practices for the day and will only restart games and practices if the AQHI drops to 6 or lower 3 hours ahead of scheduled games or practices
- The league will communicate directly with the impacted coaches and the coaches will in turn be responsible to communicate this to players.
- If the AQHI is at 6 or below, games and practices will proceed as scheduled
- If at any point during games or practices the AQHI reaches 7 or higher, practices are to end and games will be called immediately.
- The league will provide instruction to coaches and managers on how to monitor AQHI during games and practices

Further to the above, coaches should identify players who are asthmatic and use/carry inhalers on a regular basis at the start of the season. If possible, coaches of these players should be provided with an inhaler by said players to be carried in the team first aid kit. All such inhalers will be returned at season end.

Coaches should encourage water consumption by all players during play that occurs in moderate range – dehydration will result in headaches and muscle cramping during and post activity.

The AQHI and further information can be obtained at:

[https://weather.gc.ca/airquality/pages/abaq-002\\_e.html](https://weather.gc.ca/airquality/pages/abaq-002_e.html)