

# Missoula Softball Association/Montana Softball Association (Collectively, “MSA”) Recommended Air Quality Guidelines

*(These recommendations and AQI levels are specific to adults.)*

## Air Quality

- Breathing for anyone with seasonal allergies, asthma or other upper respiratory illness or condition is difficult at various times due to environmental factors. High pollen and other antigen counts (dust, mold, animal dander, etc.) along with temperature extremes and humidity play a significant role in performance and recovery. Being aware of this and of local conditions for those affected should be a high priority.
- Any individual can be negatively affected by poor air quality, with the risk greatly increased over prolonged periods of exposure.

When the Air Quality Index (AQI) for the near vicinity reaches 151 or above (per IQAir.com and/or Missoula Public Health), all outdoor MSA activities will be postponed or canceled.

- The league will issue an air quality alert when the index reaches 101 – which signifies the air quality is “Unhealthy for Sensitive Groups”. MSA will ask all players & umpires to be aware of potential air-quality issues and to check with MSA for further updates, and/or to check with the Missoula City-County Health Department (MCCHD) for further guidance.
- An AQI of 151 or above signifies “Unhealthy”, “Very Unhealthy”, or “Hazardous” air quality. Typically, visibility will be between 2-5 miles during this category.

## The Air Quality Index (AQI)

- The AQI is an index for reporting daily air quality. It tells you how clean or polluted your outdoor air is, and what associated health effects might be a concern for you.
- The AQI focuses on health effects people may experience within a few hours or days after breathing polluted air. The Environmental Protection Agency (EPA) calculates the AQI for five major air pollutants regulated by the Clean Air Act: ground-level ozone, particle pollution/wildfire smoke (also known as particulate matter), carbon monoxide, sulfur dioxide, and nitrogen dioxide. For each of these pollutants, EPA has established national air quality standards to protect public health.
- More AQI information can be found at [dphhs.mt.gov/airquality](http://dphhs.mt.gov/airquality), [missoulacounty.us](http://missoulacounty.us), and at [airnow.gov](http://airnow.gov).