



Air Quality Guidelines

Tri-City United will follow this policy for Air Quality concerns. This guidance is adapted from the U.S. Soccer Recognize to Recover guidelines as well as the NCAA guidelines.

Staff and coaches are to use www.AIRNOW.gov to determine the AQI in the city of the game/practice. The AQI is to be read 1 hour prior to teams starting warmups.

Based on the reading the following is to be implemented:

Games

AQI 100-150:

- Add one hydration break per half to be taken midway through the 1st and 2nd halves.
- Players with underlying conditions should use caution.

AQI 150-180:

- Games should be shortened to not exceed one hour.
- Add two hydration breaks per half.
- Players with underlying conditions should use caution and not participate if risk of health complications.

AQI 180+

- All games will be canceled/postponed.

Training Sessions/Practices

AQI 100-150:

- Sessions can not exceed 90 minutes.
- Extra water breaks should be scheduled at the rate of no less than every 30 minutes.
- Players with underlying conditions should use caution.

AQI 150-180:

- Sessions can not exceed 60 minutes.
- Extra water breaks should be scheduled at the rate of no less than every 15 minutes.
- Players with underlying conditions should use caution and not participate if risk of health complications.

AQI 180+

- All sessions will be cancelled/postponed.