

## **Air Quality Training Guidelines for Yukon Ski Team Training**

These guidelines are designed to ensure the safety and well-being of Yukon Ski Team athletes during smoky conditions. Training guidelines are based on the Air Quality Health Index (AQHI) used by Environment Canada. These guidelines will apply to Squad Practices and YST training camps, and will help athletes make decisions about training sessions done on their own as well.

### **Air Quality Monitoring**

Coaches and athletes should regularly check air quality conditions on the Environment Canada website: Visit [https://weather.gc.ca/airquality/pages/ytaq-001\\_e.html](https://weather.gc.ca/airquality/pages/ytaq-001_e.html)

### **AQI Levels and Training Recommendations**

Good (AQHI below 3): Training can proceed as normal.

Moderate (AQHI 4-6): Training can continue, but athletes should be aware of any air quality changes and associated symptoms. Training intensity or duration may be reduced or training may be moved indoors as necessary.

Unhealthy for Sensitive Groups (AQHI 7-9): Training will be moved indoors to reduce exposure. Rest is recommended for athletes experiencing symptoms.

Unhealthy (AQHI 10+): Avoid outdoor training. Indoor training only, and only in spaces with well-filtered air. Rest is strongly recommended.

### **Communication and Training Modification**

Athletes should communicate any respiratory symptoms or discomfort to coaches.

Coaches may modify training intensity, duration, or location based on air quality conditions. Changes will be communicated before Squad practice or training camps.

Training will be modified to focus on technique work or strength training when air quality is poor.

## **Training Resumption**

Once air quality improves to within acceptable AQHI levels, training can resume as normal.

## **Resources**

The US Ski Team has a thorough and clear air quality policy that provides useful information. It can be found here: <https://fasterskier.com/2023/05/smoke-in-the-sky-air-quality-guidelines-for-training/>