



ENDORSED BY
MATER HEALTH



AIR QUALITY GUIDELINES



Material Title Touch Football Australia Air Quality Guidelines
Material Type Guidelines
Material Developed by (Author) Touch Football Australia
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Version Number	Release Date	Amendments made (brief notes)	Authorised By	Archive Date
1	July 2021	Guidelines	TFA Board	

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Bushfire smoke can pose a health risk to athletes. Athletes involved in high performance sport can be at a higher risk while performing high intensity prolonged exercise outdoors and additional caution should be taken. The Air Quality Index (AQI) is an accepted means of quantifying air quality by public health authorities encompassing:

- Air pollution levels at your nearest monitoring site or region
- The common contributing pollutants
- The overall health risk associated with a given rating

Above all else, a participant's health should take priority and the decision to play will be left to the individual, participants who are asthmatic should ensure they have all medications with them prior to taking the field. The table overleaf has been adapted from the NSW Public Health Unit and [AIS Position Statement on Smoke Pollution and Exercise](#):





Air Quality Index Reading	AIS Recommended Action	Possible Touch Football Modifications
VERY GOOD (0–33)	Enjoy activities	Play games as per competition rules
GOOD (34 – 66)	Enjoy activities	Play games as per competition rules
FAIR (67 – 99)	Asthmatic Athletes: Should have a medical review prior to performing high intensity extended training outdoors	Play as per competition rules Issue recommendations to participants that sensitive groups such as asthmatics should have their inhalers and/or medication on hand during competition.
VERY POOR (100 – 149)	Air Pollution Health Alert: Asthmatics or symptomatic non-asthmatics should not compete or train outdoors. Minimise asymptomatic athlete exposure.	Play as per competition rules Issue warnings to all participants that they should review their participation in games relative to their personal health and have their inhalers and/or medication on hand during competition. Competition management are recommended to have access to appropriate medical personnel on site.
HAZARDOUS (150 – 200)	Air Pollution Health Alert: Outdoor training should be rescheduled indoors, and exposure should be minimised for everyone.	In addition to the above, competition management are recommended to review the local conditions at the grounds in conjunction with the AQI readings and may make amendments to playing conditions. Decisions to amend conditions are at the discretion of the competition management and should be made in conjunction with a view of ensuring the well-being of all participants. Adaptations to playing conditions may include, but are not limited to, inclusion of a drinks break for each half, amendment to quarters and/or a reduction of match duration.
HAZARDOUS (201+)		In addition to the above, competition management are required to review the local conditions at the grounds in conjunction with the AQI readings and shall implement amendments to playing conditions by including a drinks break in each half as a minimum standard. Further adaptations to playing conditions may be implemented depending on the local conditions at the grounds including but not limited to, amendment to quarters and/or a reduction of match duration and, in extreme cases, postponement or cancellation of fixtures.

The following links will be useful in helping you determine your region's air quality;

- [Australian Capital Territory](#)
- [Victoria](#)
- [New South Wales](#)
- [Queensland](#)
- [Western Australia](#)
- [South Australia](#)
- [Tasmania](#)

