

Air Quality Protocol

As much of the Special Olympics Manitoba community is considered “At-Risk”, and the safety of our athletes and volunteers is always at the forefront of our programs, when the **Air Quality Index** is between 4 and 6 you will need to reduce outside activity, reschedule the practice, or move the practice indoors.

When the **Air Quality Index** is 7 or higher, all outdoor practices should be cancelled or moved indoors.

The chart below is the Government of Canada **Air Quality Health Index**. To find out what the current index is, please [visit their website by clicking here](#).

This table is a summary of air quality health messages by category

Health Risk	Air Quality Health Index	Health Messages	
		At-Risk Population*	General Population
Low Risk	1-3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate Risk	4-6	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High Risk	7-10	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High Risk	Above 10	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.