



Play It Safe During Wildfire Season!



IS IT SAFE FOR ATHLETES TO PRACTICE OR COMPETE OUTDOORS?

- Athletes often spend more time outdoors, breathe harder, and take in more air when active.
- Outdoor sports practice or athletic events when the air quality is affected by wildfire smoke (or other pollution) can lead to harmful health effects.
- Athletes with underlying health conditions, such as asthma or heart conditions, are especially sensitive to wildfire smoke exposure.

HOW DO I KNOW IF I SHOULD ADJUST OUTDOOR PRACTICE/EVENTS?

1

Check the local Air Quality Index (AQI) before and during activities or events



AirNow.gov
aqi.oregon.gov

2

Learn the 5-3-1 Visibility Index to assess air quality if AQI is not accessible



beav.es/Twk (DEQ)

3

Check the guidelines for outdoor activities during wildfire events



beav.es/TUd (OHA)
beav.es/Tm4 (AirNow)
beav.es/TwZ (OSAA)