

Wildfire Smoke Practice Protocol Template

If you would like more information about obtaining a free indoor and outdoor air monitor for your school, contact the Montana Department of Environmental Quality.

Purpose: To protect the health and well-being of athletes and staff during wildfire smoke events by providing clear guidelines for practice and games.

Monitoring Air Quality

1. **Check Air Quality Index (AQI):** Before each practice or game, check the AQI using reliable sources such as AirNow.gov or your free registered high school PurpleAir monitor.
2. **AQI Levels and Recommended Actions:**
 - **0-50 (Good):** Normal practice and games.
 - **51-100 (Moderate):** Monitor sensitive individuals; reduce intensity if needed.
 - **101-150 (Unhealthy for Sensitive Groups):** Modify practice to low-intensity activities; consider moving practice indoors.
 - **151-200 (Unhealthy):** Move practice indoors or cancel outdoor activities.
 - **201-300 (Very Unhealthy):** Cancel all outdoor activities; move indoors if possible.
 - **301+ (Hazardous):** Cancel all activities.

Actions During High AQI Levels

1. **Communication:** Inform all coaches, staff, athletes, and parents about the AQI levels and any changes to practice schedules.
2. **Indoor Activities:** Plan indoor practice sessions, focusing on strategy, team meetings, mobility/stretching, and light exercises.
3. **Monitoring Athletes:** Closely monitor athletes with asthma or other respiratory conditions. Ensure they have access to medications and are aware of the protocol.

General Guidelines

1. **Hydration:** Emphasize the importance of staying hydrated.
2. **Rest Periods:** Increase the frequency of rest periods and reduce the duration of intense activities.
3. **Medical Equipment:** Ensure the availability of medical equipment such as inhalers and first aid kits.
4. **Education:** Educate athletes on the symptoms of smoke exposure and encourage them to report any discomfort.

Signs of Smoke Exposure

1. **Common Symptoms:** Coughing, throat irritation, headaches, shortness of breath, fatigue, and chest pain.
2. **Immediate Actions:** Athletes experiencing these symptoms should stop activities immediately and seek medical attention if necessary.

Emergency Contact List

1. **Ensure Accessibility:** Maintain an updated list of emergency contacts for all athletes, especially those with pre-existing respiratory conditions.
2. **Emergency Plan:** Have a clear plan for emergency situations, including transportation to medical facilities if needed.