



Air Quality Index (AQI) Policy

IRC follows 2 sources of established guidelines for outdoor activities, one for Adult programs, and one for Youth Programs. The Youth Program guidelines are more stringent as minors are classified as a sensitive group when it comes to high AQI.

Each Coach is responsible for checking the local AQI with pre-practice weather checks, for monitoring the AQI, and communicating pertinent changes to their athletes.

For purposes of AQI, outdoor activities will include all activities within the boathouse as well, as the boathouse is an open-air, unfiltered space.

Adult Programs -

AQI 0-100 = No Restrictions

AQI 101-150 = Athletes with preexisting conditions should not participate. All participants should reduce prolonged or heavy exertions

AQI 151-200 = Shorten sessions and reduce intensity

AQI 200+ = Boathouse is closed, all Adult programs are canceled

Youth Programs - Including participants who are 18 but are still rowing with the Youth program

AQI 0-50 - No restriction

AQI 51-100 - Allow athletes with preexisting conditions to opt out. Lower intensity if needed.

AQI 101-150 Limit to light intensity activities or to a 1-hour total duration with moderate intensity or consider canceling session. For youth with health conditions, further limit time or intensity if needed.

AQI 151+ Boathouse is closed, all Youth programs are canceled

Sources:



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[AirNow.Gov](https://www.airnow.gov/)

[Washington State Department of Health guidelines for Youth Athletics](#)