



## FVF Smoke-Practice Guideline:

The flowing smoke-practice guideline should be followed at all times when smoke is present in the valley:

Go to the DEQ website an hour before you practice and determine the current air quality. (Link Below)

<http://svc.mt.gov/deq/todaysair/>

Look at the hourly data page for the appropriate area to determine the most current air quality assessment. This is found by clicking on the green dot in your area on the map. Once you determine the current air quality level, apply the following guides for practice:

- If the air quality is at the “Hazardous” or “Very Unhealthy” levels. Do not practice outside.
- If the air quality is at the “Unhealthy” level, all players will be restricted. You can still have practice, but there will be absolutely no running. This would be a teaching practice only. Show them the formations. This would also be a great time to work on walk through tackling drills, stances and tackling breakdown that is not full contact. Limit it to 60 minutes.
- If the air quality is “Unhealthy for Sensitive Groups” please identify any of your players with respiratory conditions and don’t let them practice. Please communicate with the parents to determine if any players have a respiratory condition. If you have any questions about whether a player has a respiratory condition, please consult us. If in doubt, hold the player out of practice.  
If practicing outside when the air quality is “unhealthy for sensitive groups”, please restrict practice to the point where you are not over exerting the kids. Please limit practice to 1 hour 30 minutes with no more than 30 minutes of hard cardio activities like full speed running. If you have any players who have known breathing issues, asthma or any other conditions that cause concern, please speak with their parents before allowing them to practice.
- If the air quality is “Moderate,” or below everyone may practice without limitations (due to air quality) but please monitor any players with respiratory conditions closely.

We recognize the conditions change quickly so we are also providing visibility guide which is taken from the County website to use as another gauge for the air quality. As an example, If you are practicing at KidSports and looked to the hills to the west, that is about 5 miles. So if during practice the mountains are visible to start but an hour later you can't see them, it would be a good indication to slow things down as the air quality has worsened. If you can't see the mountains when you start but can an hour into practice, that is a good indication the air quality has improved. If it gets better during practice you could in theory do more.

Air Quality Index	Who Needs to Be Concerned?	What Should I Do?	Visibility Ranges
<b>Good</b>	No one needs to be concerned. Air quality is good for everyone.	It's a great day to be active outside!	>13.4+ miles
<b>Moderate</b>	Some people may be <b>unusually sensitive to particle pollution</b> and may need to take precautions	<b>Unusually sensitive people:</b> Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it a little easier. <b>Everyone else:</b> It's a good day to be active outside.	13.3—8.8 miles
<b>Unhealthy for Sensitive Groups</b>	Sensitive Groups include <b>people with heart or lung disease, older adults, and children.</b>	<b>Sensitive Groups:</b> Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath. <b>People with asthma</b> should follow their asthma action plans and keep quick relief medicine handy. <b>If you have heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.	8.7—5.1 miles
<b>Unhealthy</b>	<b>Everyone</b> can be affected	<b>Sensitive Groups:</b> <i>Avoid</i> prolonged or heavy exertion. Consider moving activities indoors or rescheduling. <b>Everyone Else:</b> <i>Reduce</i> prolonged or heavy exertion. Take more breaks during all outdoor activities.	5.0—2.2 miles
<b>Very Unhealthy</b>	<b>Everyone</b>	<b>Sensitive groups:</b> <i>Avoid all</i> physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better. <b>Everyone else:</b> <i>Avoid</i> prolonged or heavy exertion.	2.1—1.3 miles
<b>Hazardous</b>	<b>Everyone</b>	<b>Everyone:</b> <i>Avoid all</i> physical activity outdoors. <b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.	<1.3 miles

*For the latest information on the status of air quality in the area, please visit our website.*

Flathead City-County Health Department  
[flatheadhealth.org](http://flatheadhealth.org)  
 (406) 751-8101



Please note, we have teams spread throughout the valley and Polson. If you feel the conditions are too bad in your area (even though per the air quality index you could practice) you can make the decision to cancel practice. We recognize the air quality issues are causing some limitations but please remember that we are dealing with 4th through 6th grade and we do not want to sacrifice their health over a few practices. Please communicate with your parents about these issues and please also notify us of any concerns they raise. We have medical professionals on the Board that can be used as a resource if you have or parents have any concerns about whether their child should practice. Finally, if any players develop any respiratory or other unusual symptoms during practice, please remove them from activity immediately and advise their parents to seek medical attention if that appears necessary.