

ALBANY ROWING CENTER

Air Quality Index Rowing Policy - 7/21/2023

Organizational Functional Area: Safety

Policy and Purpose: It is the policy of Albany Rowing Center (ARC) that all rowing-related activities, both on water and on land, be conducted with safety as the number one priority.

Air quality: In recent years, forest fires have contributed to significant degradation of air quality in our region. The local weather service posts an EPA-determined local air quality index (AQI) each day, particularly during summer months. All coaches, rowers and volunteers are expected to follow all ARC defined safety policies. The purpose of this Air Quality Index Rowing Policy is to define the conditions under which on-water training is allowed during periods of poor air quality.

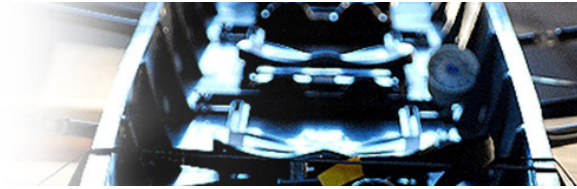
Resources: Here are some resources so YOU can make an informed decision regarding paddling/rowing/erging during a time of poor air quality. We ask each member and parents/guardians to assess their own health or their minor rower and the air quality before exercising. It is critical to also determine the appropriate exertion level of your workout. Here is a link to a resource you can read about AQI: [AirNow.gov](https://www.airnow.gov)

Guidelines: If you participate in a coached program, practices may be canceled or modified to low intensity/technical rows. ARC practices may be moved to our Winter Training Facility, OMNI Fitness at 54 State Street Albany NY, when air quality is poor. Participation in the coached programs is voluntary; if you are not comfortable with the air quality, please sign yourself out of iCrew.

If AQI reading at or below 125: Practices are held outdoors.

If AQI reading goes above 125: Practices will be canceled or moved to OMNI Fitness Center.

Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.



Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

See the [Activity Guides](#) to learn ways to protect your health when the AQI reaches unhealthy levels.

Board Approved:
Last Revision Date:

8/8/2023
7/21/2023

**Committee Responsible
 for Maintaining/Updating Policy:**

Operations/Safety Committee

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