



June 30, 2023

Dear Club and League Representatives:

In recent days, 'Air Quality Alerts' have been issued for parts of Michigan. The various alerts are primarily the result of smoke originating from wildfires in Quebec and Ontario, Canada. As a reminder, during Air Quality Alerts, it is recommended that active children and adults, and individuals with respiratory diseases such as asthma, limit prolonged outdoor exertion.

US Soccer's Recognize to Recover (R2R) program describes air quality guidelines and recommends use of www.AIRNOW.gov to determine the air quality index (API) in your area.

In addition, general 'Air Quality and Outdoor Activity Guidance' can be found [here](#). An API Index in the ORANGE (Unhealthy for Sensitive Groups) range suggests that young people 'take more breaks and do less intense activities.' Young people with asthma should follow their asthma action plans and keep their quick-relief medicine handy. An API Index in the RED (Unhealthy) range suggests potentially moving longer, and more intense activities, indoors or rescheduling them to another day or time. An API Index in the PURPLE (Very Unhealthy) range suggests moving all activities indoors or rescheduling them to another day.

Please monitor your local news and/or local weather channels for updates on potential 'Air Quality Action Alert' extensions, etc.

Sincerely,

Thomas Faro
Executive Director





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