



AIR QUALITY and WEATHER POLICY

Rocklin Swim Team (RST) considers the air quality website at www.purpleair.com (zip = "95765") as the source for ozone and particulate matter measurements. This site has two sensors to the North in Lincoln and two sensors to the South in Rocklin of our pool location at Whitney High School. By monitoring all four sensors, we can obtain a more comprehensive outlook of the air quality in the surrounding area. The board and coaching staff monitor air quality conditions by the website daily/hourly to determine whether or not to hold or modify practice.

RST recognizes the parent is the final decision maker for their child's safety. Our policy dictates whether or not practice will be held or modified, it is the responsibility of the parent to determine whether or not their athlete will participate.

Air quality index for practices

- At 151 or greater AQI Ozone or PMI levels, all practices should be cancelled.
- At 101-150 AQI Ozone or PMI levels, training may be modified to include more breaks and less strenuous activity.
- At 100 or below, practice will be held as normal.

Weather conditions for practices

- When air temperature is at 105 degrees or higher, combined with a pool temperature of 85 degrees or higher, all practices should be cancelled.
- If lightning is in visual range, all outdoor practices are suspended until a period of 45 minutes without any visible lightning strikes has concluded. The coaching staff has the final authority on returning to swim after the 45 minute period has passed.
- When air temperature is below 40 degrees, pool temperature must be 80 degrees or above, otherwise, practice should be cancelled.

While every effort will be made to cancel practice at least 2 hours prior to the start of the first practice group, RST recognizes that weather and air quality conditions can change rapidly in our area. Therefore, it is always the decision of our coaching staff to cancel or modify practice based on the conditions they are experiencing on deck throughout the course of all our practice groups.