



## **Air Quality Index Practice Adjustments**

Due to recent wildfires, we have experienced an affect on practice schedules, including modifications and cancellations. SASO swimming takes the safety of our swimmers and staff seriously, and therefore adheres to guidelines for athletes in regardings to the Air Quality Index.

***SASO swimming uses the following two sites to determine the acceptable AQI.***

AirNOw.gov (updates are not as frequent)

IQAir

Practices are cancelled if the AQI reaches 150 or over.

Practices may be modified if the AQI is between 100 and 149.

The AQI adjustments are based on outdoor pools and dryland.

### **Updates and/or cancellations**

Our goal is to send out any cancellation or modification updates as follows:

*No later than 1:30 on weekdays.*

*The evening before for Saturday mornings.*

*No later than 11:30 am for Saturday afternoons.*

*Updates will not be sent out for GVCC-check AQI/text coach.*

Updates will be sent via email and SMS from Team Unify.

To receive SMS texts, you must verify your SMS in the Team Unify system.

### **Alan Witt and Phillip West Aquatics Center**

Both of these pools are run by their city staff, who ultimately make the determination if a practice will be held. Our coaching staff stays in communication with these facilities for updates.

Alan Witt is considered an outdoor pool at this point as they are leaving their roof open due to COVID-19 county guidelines.

**Green Valley Country Club**

We will offer practices if the AQI is under 150. Swimmers should check the AQI at 5:00 am to determine the level. You can text Coach Ricky after 5 am the morning of practices to confirm if needed.

**Davis Swim and Fitness**

Davis Swim and Fitness practices will not be held if the AQI is 150 or over.

**Dryland Practices**

Currently, outdoor dryland practices will not be held if practices are at 150 or over.

**Thank you for your patience as we navigate through the challenges presented by COVID-19 and AQI. The safety of your swimmer is our #1 concern!!!**