

Busting Out Ottawa Dragon Boat Club Air Quality Policy

Effective Date: 11 August, 2025

Approved By: Busting Out Ottawa Dragon Boat Club Board of Directors

1. Purpose

- a. This policy ensures the safety of Busting Out Ottawa Dragon Boat Club (BOODBC) by establishing guidelines to mitigate risks associated with being active during Air Quality Health Index (AQHI) occurrences.

2. Applicability

- a. This policy applies to all Busting Out Ottawa members participating in outdoor activities during periods of compromised air quality at the location of activities.

3. Air Quality Health Index Threshold

The BOODBC H&SC has established following thresholds for determining intensity of practices during AQHI events. Training and/or races will be adjusted as these thresholds are reached:

- a. **AQHI 1-3** (Low Risk): Normal paddling conditions.
- b. **AQHI 4-6** (Moderate Risk): Increased hydration breaks, possible reduced practice intensity, monitoring of sensitive individuals (for paddlers who choose to disclose)
- a. **AQHI 7-10** (High Risk): Reduced training intensity, mandatory rest periods, modified workouts. Team members will be given a notice of modification of practice. ***When this notice is given, an option to withdraw is also given***; team members will have the choice to withdraw from practice without incurring an attendance penalty affecting festival participation.
- c. **AQHI 10+** (Severe Risk): Training cancelled.

4. Notification

The BOODBC H&SC is responsible for monitoring weather conditions and will inform the Board of potential modifications or cancellations prior to informing team members and coaching staff.

The BOODBC H&SC will provide notification through TeamSnap Alerts. A cancellation or practice modification notice will also be posted on the BOODBC FaceBook page. The H&SC will also email the Rideau Canoe Club to ensure notification can be given to coaches and steerspersons not on the BOODBC roster.

Notification will be provided by 3:00 pm on the day of practice.

Team members are responsible for monitoring alerts/notifications to ensure proper notification of practice modification or cancellation.

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5. Weather Information

The H&SC uses Environment Canada website <https://weather.gc.ca> and Weather Can (Environment Canada's weather app) as the AQHI reference.

6. Adjustments to Training & Racing

Practice routines and race plans will be modified by BOODBC coaches during air quality occurrences that do not meet the cancellation threshold.

Should an AQHI risk be identified during a festival, BOODBC will adapt race plans and related activities, and will follow directives from local race officials.

7. Health & Safety Measures

When practices are not cancelled, members with **respiratory conditions** (asthma, allergies, etc.) should be monitoring themselves.

Hydration must be prioritized to prevent respiratory irritation caused by dry air.

8. Paddler Responsibility

Paddlers must bring water on the boat for hydration breaks. Failure to do so may, at the discretion of coaching staff, result in a denial of participation in practice during poor air quality to ensure safety/mitigate health risks.

Paddlers must monitor their own physical condition and report any respiratory distress to their seatmate and coach. They should decrease their intensity or stop paddling.

Paddlers with respiratory issues are encouraged to refrain from strenuous activities during AQHI occurrences.

All BOODBC members are responsible for reading and following this policy.

9. Signs of AQHI Exposure & Response

Symptoms of poor air quality exposure include coughing, dizziness, difficulty breathing, and fatigue.

Paddlers experiencing these symptoms must stop paddling immediately and inform their seat mate and coach.

10. Policy Review & Updates

This policy will be reviewed annually and updated as required based on environmental conditions and medical recommendations.

This policy will be available for all members to consult in the **Files** section of TeamSnap.