



# Stratford Youth Soccer – 2025 Air Quality Policy

At Stratford Youth Soccer, the safety and well-being of all players, match officials, and participants is our top priority. In alignment with Environment Canada advisories, as well as Ontario Soccer and Canada Soccer policies, the following guidelines outline recommended actions and expectations based on current Air Quality Health Index (AQHI) levels: Moderate, High, and Very High Risk. Current air quality readings for Ontario can be found at: [Air Quality Health Index \(AQHI\)](#).

## **1. Low Risk (AQHI 1–3)**

### **Recommended Actions:**

- None – for the general population and the at-risk population this is ideal air quality for outdoor activities.

## **2. Moderate Risk (AQHI 4–6)**

### **Recommended Actions:**

- Individuals with heart or breathing problems, young players, and the elderly should carefully consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.
- For the general population there is no need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.

## **3. High Risk (AQHI 7–10)**

### **Recommended Actions:**

- Individuals with heart or breathing problems, young players, and the elderly should reduce or avoid strenuous activities outdoors.
- For the general population consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
- Match officials with heart or breathing problems are advised to contact the Club Head Referee for potential reassignments.

- **Match officials are encouraged** to treat **AQHI 7+** conditions similarly to extreme heat:
  - Increase water breaks, (we recommend a 1–2-minute water break for every 10–15 minutes of playing time).
  - Be liberal with the substitutions and allow more substitutions.
  - Consider shortening halves if needed.

#### **Club-Wide Guidelines:**

- Stratford Youth Soccer Club may issue a **cancellation of house league matches by 4:00 PM** if the AQHI is **9 or higher** and forecasted to remain elevated.
  - **Match officials should consult with each other** (when officiating at multi-field locations) and communicate with coaches regarding conditions.

#### **4. Very High Risk (AQHI 10+)**

##### **Recommended Actions:**

- Individuals with heart or breathing problems, young players, and the elderly should avoid outdoor physical exertion.
- For the general population, all strenuous activities outdoors should be reduced, especially if you are experiencing symptoms such as coughing and throat irritation.

#### **Club-Wide Guidelines:**

- Stratford Youth Soccer Club **will issue a cancellation of house league matches by 4:00 PM** if the AQHI is **10 or higher** and forecasted to remain elevated.

#### **5. Stratford Youth Soccer Directive**

This policy follows the directive of the **Stratford Youth Soccer Board** and applies to **all games played within the Stratford Youth Soccer Club.**

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**Stay safe, stay hydrated, and prioritize health over play!**