AIR QUALITY POLICY

Everyone can be affected by air pollution especially when exposed over prolonged periods. However, some groups of people may be more susceptible than others in regards to exposure to air pollution.

The following people are more likely to be affected:

- ***People with asthma:*** exposure to air pollution might worsen your symptoms or trigger asthma attacks. Use your reliever medicine and check you have an up to date asthma action plan.
- ***People with lung disease, such as chronic bronchitis (also called a chronic obstructive pulmonary disease or COPD):*** exposure to air pollution might worsen your symptoms. Use your reliever medicine and see your doctor if symptoms don't resolve.
- ***People with cardiovascular (heart) disease:*** exposure to air pollution might induce symptoms such as palpitations, chest pain or shortness of breath. If your symptoms persist or are severe, you should seek urgent medical advice from your doctor or nearest Emergency Department.
- ***Unborn babies (pregnant women):*** exposure to high levels of air pollution over longer periods (ie weeks to months) may be linked to adverse pregnancy outcomes such as reduced birth weight or preterm birth.
- ***Children*** are likely to be more vulnerable to exposure to air pollution compared to adults for the following reasons:
    - *Their lungs are still growing and developing*
    - *Their immune and metabolic systems are still developing*
    - *They suffer from frequent respiratory infections*
    - *They are more active outdoors than adults and therefore breathe in higher doses of outdoor pollutant*
- ***Older adults:*** Older people are more likely to be affected by air pollution, perhaps due to generally weaker immune systems, or undiagnosed respiratory or cardiovascular health conditions. As people age, their bodies are less able to compensate for the effects of environmental hazards. Air pollution can aggravate heart disease and stroke, lung diseases such as chronic bronchitis (also called a chronic obstructive pulmonary disease or COPD) and asthma.

AIR QUALITY POLICY

As part of the Adverse Weather Policy, Baseball NSW has adopted the following Air Quality Index (AQI) measure to assist in determining the risks of exposure to Baseball NSW members, should air quality deteriorate for any reason. This measure is monitored daily by the NSW Department of Health and more information is available at their website https://www.health.nsw.gov.au/environment/air/Pages/default.aspx

AQI	What action should people take?
VERY GOOD 0-33	Enjoy activities
GOOD 34-66	Enjoy activities
FAIR 67-99	People unusually sensitive to air pollution: Plan strenuous outdoor activities when air quality is better
POOR 100-149	AIR POLLUTION HEALTH ALERT Sensitive Groups: Cut back or reschedule strenuous outdoor activities
VERY POOR 150-200	AIR POLLUTION HEALTH ALERT Sensitive groups: Avoid strenuous outdoor activities Everyone: Cut back or reschedule strenuous outdoor activities
HAZARDOUS 200+	AIR POLLUTION HEALTH ALERT Sensitive groups: Avoid all outdoor physical activities Everyone: Significantly cut back on outdoor physical activities

81 Eastern Road, Rooty Hill, NSW 2766
PO Box 63, Mt Druitt, NSW 2770
P +61 2 9675 6872
E admin@baseballnsw.com.au
baseballnsw.com.au
ABN: 56568633609

AIR QUALITY POLICY

Baseball NSW recommends the following actions be taken with regards to training and games should air quality readings reach the following levels:

AQI Particles PM2.5	***Junior Games/Training***	***Senior Games/Training***
0-33	Ok to play	Ok to play
34-66	Ok to play	Ok to play
67-99	Advise participants of risks to health	Advise participants of risks to health
100-149	Advise participants of risks to health	Advise participants of risks to health
150-200	All games & training cancelled	Advise participants of risks to health
>200	All games & training cancelled	All games & training cancelled

The AQI number can be found at the following website maintained on an hourly basis by the NSW Department of Health. The AQI measurement to be used is the Particles PM2.5 Index - *fine particles less than 2.5 µm in diameter. Sources include all types of combustion, including motor vehicles, power plants, residential wood burning, forest fires, agricultural burning, and some industrial processes. May also include sea salt.*

The AQI daily index data can be obtained at the following site

https://www.environment.nsw.gov.au/aqms/aqitable.htm

A sample of the AQI Table is shown below.

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AIR QUALITY POLICY

BASEBALL
NEW SOUTH WALES

NSW map | Upper Hunter map | Lower Hunter map | Rural air quality | **NSW index values** | Special projects | Sydney forecast

Friday
22 November 2019
11 - 12 pm (AEST)
Previous | Next | Select
Show data readings

Pollutants		Ozone O3	Ozone O3	Nitrogen dioxide NO2	Visibility NEPH	Carbon monoxide CO	Sulfur dioxide SO2	Particles PM10	Particles PM2.5	Site AQI	Regional AQI
Averaging Periods		1-hour average	rolling 4-hour average	1-hour average	1-hour average	rolling 8-hour average	1-hour average	rolling 24-hour average	rolling 24-hour average	highest level at the site	highest level for the region
Bushfire Emergency - Port Macquarie	Port Macquarie	52	56	5	382	20	0	212	337	382	382
Sydney East	Cook And Phillip	21	23	4	30	2	0	123	169	169	
	Randwick	27	32	-0	32		0	121	123	123	
	Rozelle	24	29	2	36	4	0	126	134	134	203
	Chullora	26	33	1	30	3	0	129	165	165	
	Earlwood	23	28	2	30			115	130	130	
	Macquarie Park	23	27	3	40	6	0	149	203	203	
Sydney North-west	Parramatta North	30	38	1	38	6	0	188	217	217	
	Richmond	39	48	4	62		0		459	459	
	St Marys	38	48	2	58			253		253	459
	Prospect	29	37	1	41	5	0	192	237	237	
	Rouse Hill	31	38	2	47	8	0	219	282	282	
Sydney South-west	Bargo	44	62	2	47		0	211	300	300	
	Bringelly	39	51	5	61		0	196	263	263	
	Camden	52	57	4	78	7		193	301	301	352
	Campbelltown West	39	46	3	69	7	0	178	242	242	
	Liverpool	32	39	4	50	5	0	171	212	212	
	Oakdale	77	91	3	189			283	352	352	
Illawarra	Wollongong	22	22	1	14	8	1	133	162	162	
	Kembla Grange	25	32	1	12			97	177	177	186
	Albion Park Sth	28	37	-0	14		0	120	186	186	
Lower Hunter	Wallsend	32	55	0	69		0		229	229	
	Newcastle	3	40	2	68	8	0	207	258	258	280
	Beresfield	34	58	1	68		0	202	280	280	
Central Coast	Wyong	28	36	-0	49	4	0	124	156	156	156

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