

Particulate Matter and Sport Safety



Particulate Matter (PM) consists of a mixture of solid and liquid particles that are suspended in the air. These particles can include smoke, dust and biological matter.

Sources of PM include:

- ➔ Smoke
- ➔ Industry
- ➔ Vehicle emissions
- ➔ Wood burning

➔ Once inhaled, PM can travel deep into your lungs and diffuse into your bloodstream. Exposure to PM can have numerous short and long-term health effects including:



Worsening lung and heart conditions



Eye, nose or throat irritation



Coughing or shortness of breath



Reduced lung function

**Did
you
know?**

Outdoor sport participants are at an **increased risk** of health concerns associated with PM because of the amount of air they breathe. It is important to be mindful of PM levels when planning outdoor sport activities.

What can you do to protect sport participants from PM?

- Check the **Air Quality Health Index (AQHI)** levels in your region to determine when outdoor activity is safe
- Monitor participants for symptoms, particularly those with pre-existing medical conditions, and adjust activities accordingly
- PM levels are generally highest when and where **traffic volume is heavy**. To protect participants:
 - Avoid planning outdoor activities during rush hour
 - Choose outdoor locations away from high-traffic areas

