

Wildfires and Sport Safety

Wildfires produce a dense smoke that is a major source of toxic air pollutants, including fine particles, gases like carbon monoxide, nitrogen dioxide, and volatile organic compounds.



The **fine particles** pose the highest health risk because they can penetrate deep into our lungs and bloodstream, causing various health effects, including:

- ➔ Chest pain
- ➔ Shortness of breath
- ➔ Coughing

➔ Other symptoms associated with smoke exposure include:



Dizziness



Runny
nose



Scratchy
throat



Sore or
watery eyes



Headaches

Did you know?

During wildfire smoke events, **everyone is at risk** regardless of age or health status. Outdoor **sport participants** are at **increased risk** of health effects from exposure to wildfire smoke because participants have increased oxygen demand, therefore, breathe in large amounts of polluted air.

What can you do to keep sport participants safe?

- ➔ Check the **Air Quality Health Index (AQHI)** value and follow public health recommendations in your region
- ➔ If you or a participant has difficulty breathing, reduce the intensity of activities or stop exercising altogether
- ➔ Limit or cancel outdoor physical activities as much as possible
- ➔ Encourage participants to drink lots of water, as wildfires often coincide with extreme heat events

