

SMOG and Sport Safety

Smog is a type of **air pollution** made up of:

- ground-level ozone (O_3)
- particulate matter 2.5 (PM2.5)

Smog appears as haze in the air. While high smog levels are often associated with the warmer summer months, smog is present year-round.

- Smog comes from many sources, including vehicle emissions.

Smog can negatively affect human health. Exposure to smog has been linked to:



Missed work and school days



Asthma attacks



Hospital and doctor visits



Reduced lung function

What can you do to protect outdoor sport participants from SMOG?

If the outside air appears hazy, smog levels may be high. You can protect sport participants from the smog by:

- ➔ Lowering the intensity and duration of your activity
- ➔ Moving your activity to an indoor location
- ➔ Delaying or rescheduling your activity
- ➔ Checking the **Air Quality Health Index (AQHI)** value and following public health recommendations for your region



**Did
you
know?**

When sport participants are physically active, they breathe deeply and rapidly. If a participant exercises outdoors when smog levels are high they will inhale more smog.