



Hong Kong Football Club Mini Rugby Air Pollution Policy

Air Pollution is a fact of life in Hong Kong that requires the close attention and vigilance of all parents and coaches. Hong Kong Football Club Mini Rugby Section is particularly concerned with the welfare of all of its players and coaches, and has consequently devised this air pollution policy to ensure their safety, and to try and ensure they do not play/coach in conditions that could cause long term damage to their health.

There are two different indices that will be used to assess the safety of training. The first is the Hong Kong Government's Air Quality Health Index, which can be accessed using the following link: <http://www.aqhi.gov.hk/en.html> – the nearest station to the Football Club is Causeway Bay. The basis for these HKFC guidelines is the Education Bureau's '[Dos & Don'ts for Arranging Physical Activities During the Health Risk Category at High, Very High and Serious Levels \(Applicable to Primary and Secondary Schools\)](#)'.

The second scale that will be taken into account is the Air Quality Index, found by following this link: <https://aqicn.org/city/hongkong/> (using the Causeway Bay figure). The criteria for these guidelines has been developed with reference to the US Environmental Protection Agency's '[AQI Basics](#)'.

It is the responsibility of all parents and coaches to check the AQHI and AQI before taking their child to training. If the air quality is particularly poor, or if training is going to be cancelled, an email or text message will be sent to parents and coaches by the Club, Head Coach or Team Manager before training begins.

The Hong Kong Football Club Mini Rugby guidelines for each air quality level are as follows:

<u>AQHI</u>	<u>AQI</u>	HKFC Mini Rugby Guidelines
1-7	0-150	Training will carry on as normal for all players.
8-9	151-200	Attendance at training is at the parent's/coach's discretion. The sessions will still run, but there is no compulsion for players/coaches to attend if they are concerned about the potential health effects to them/their children. Should a parent decide not to send their child to training, when the air quality is within this band, it will have no bearing on the team or squad that your child is a part of.
10 & 10+	201+	Training will be cancelled for all players.

NB: Special consideration should be given to those children with heart, respiratory or chronic illnesses who should consider reducing their activity when level 7 AQHI or 101 AQI is reached. It is also important that parents ensure their children have appropriate medication with them at training, and they have informed their coaches, before commencing exercise.

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