



AIR QUALITY GUIDELINES

The Air Quality Index (AQI) is an index for reporting hourly and daily air quality in New South Wales. The AQI outlines:

- Air pollution levels, detailed information for those more sensitive to air pollution and ways to prevent harm to yourself

Below is the chart from the AQI website which outlines the levels of Air Quality and when it is safe to participate in outdoor activities.

AQI Is it safe?

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 150-199	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 activities Everyone: Significantly cut back on outdoor physical activities

Judging air quality is something that is very difficult to manage, with a sudden change in wind direction turning a perfectly clear day into one covered in smoke (and vice-versa).

JNJG recommends the following on days where air quality is a concern:

- Avoid any strenuous exercise before or after your round.
- Consider making changes to your warm-up routine to limit the amount of time you'll be outdoors.

- If you are a diagnosed with asthma or other respiratory conditions, implement your relevant action plan and have your puffer on you at all times.
- If you do suffer from asthma, JNJG will not allow you to compete without your puffer.
- If at any time a competitor is feeling unwell, they must alert JNJG staff immediately

In addition to this, on a daily basis, JNJG will look at changing tournament conditions depending on what the weather is doing.

These changes may include;

- Reducing the number of holes played on a particular day.
- Changing tee times to keep players off the course at certain times of the day.
- Allowing players to have a “Bag Pusher” to help them around the course.
- Cancelling rounds or tournaments.