

## Run Wild Missoula Air Quality Protocol

Air Quality Level to be based on 1-Hour Particulate Concentration. Evaluation to be conducted approximately 60 minutes prior to scheduled start of Event (race day registration & packet pick-up; Tuesday Track; Group Runs; etc.).

*Race Day Specific: Decision to be made and announced prior to start of race day packet pick-up.*

Air Quality Level	Race Status
Good (Green)	<b><u>Event Proceeds</u></b>
Moderate (Yellow)	<b><u>Event Proceeds</u></b> . Athletes with asthma should have quick-relief medicine readily available and treat as directed by their healthcare provider. All athletes with respiratory illness should monitor symptoms and reduce/cease activity if symptoms arise. At-Risk participants with history of respiratory (lung) and/or heart disease should consider withdrawing from participation.
Unhealthy For Sensitive Groups (Orange)	
Unhealthy (Red) Very Unhealthy (Purple) Hazardous (Maroon)	<b><u>Event Cancelled</u></b>

*Do remember that everyone is affected differently by exposure to smoke (particulate). The health effects of cumulative exposure to smoke over extended time periods (cumulative) may be different than effects of short term exposure. Participants should consider their individual health, sensitivity to smoke (particulate), overall fitness, and their recent exposure time when determining if they should (or should not) participate in an event.*

