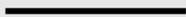


# Air Quality Guidelines

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<https://archery.org.au/>

(02) 9772 2995



## Air Quality

The air quality (AQ) can be assessed against several measures. Previously the broad Air Quality Index (AQI) was a major measure, however, there has been a move to the more specific PM2.5 measurement of the concentration of small particles in the air, for reporting daily and hourly air quality. This is particularly relevant when the most significant threat is from bushfire caused air pollution.

The AQ measurements provide a comparison of air pollutants, standardizing measurements of airborne particles in the environment. The measurement of AQ does not provide guidance on the effects of long-term exposure to air pollution.

## What Air Quality Measurement Means

When you look at the AQ at your nearest monitoring site or in your region/club, you will see the display of a colour depending on the air quality measured.

The AQ scale, as per the table below, will help you understand the current level of air quality. The actions listed have been suggested by authorities.

Sensitive groups include:

- people with a heart or lung condition, including asthma
- people over the age of 65
- infants and children
- pregnant women.

Please note that these are recommendations only. Please always follow directions from emergency services and medical advice at all times. If you are feeling unwell, please seek medical advice.

Smoke and Dust Health Action Levels				
Health Action Level	PM 2.5	Sensitive groups	Everyone else	Event recommendation
Good	< 25	Authorities suggest <b>no change is needed</b> to your normal outdoor activities.	Authorities suggest <b>no change is needed</b> to your normal outdoor activities.	Events automatically proceed.
Fair	25 – 50	Authorities suggest, <b>reduce outdoor physical activity</b> if you develop symptoms like cough or shortness of breath. Consider closing windows and doors until outdoor air quality is better. Follow the treatment plan recommended by your doctor. If you are concerned about symptoms, seek medical advice.	Authorities suggest <b>no change is needed</b> to your normal outdoor activities.	Events automatically proceed.

		If you or anyone in your care has trouble breathing or tightness in the chest, call <a href="#">000</a> for an ambulance.		
Poor (air likely to be dusty or smoky)	>50 - 100	Authorities suggest, <b>avoid outdoor physical activity</b> if you develop symptoms like cough or shortness of breath. When indoors, close windows and doors until outdoor air quality is better. Follow the treatment plan recommended by your doctor. If you are concerned about symptoms, seek medical advice. If you or anyone in your care has trouble breathing or tightness in the chest, call <a href="#">000</a> for an ambulance.	Authorities suggest, <b>reduce outdoor physical activity</b> if you develop symptoms like cough or shortness of breath.	Events automatically proceed.
Very Poor (air is very dusty or smoky)	>100 - 300	Authorities suggest, <b>stay indoors</b> as much as possible with windows and doors closed until outdoor air quality is better. Actively monitor symptoms and follow any treatment plan recommended by your doctor. If you are concerned about symptoms seek medical advice. If you or anyone in your care has trouble breathing or tightness in the chest, call <a href="#">000</a> for an ambulance.	Authorities suggest, <b>avoid outdoor physical activity</b> if you develop symptoms like cough or shortness of breath. When indoors, close windows and doors until outdoor air quality is better. If you are concerned about symptoms seek medical advice. If you or anyone in your care has trouble breathing or tightness in the chest, call <a href="#">000</a> for an ambulance.	Consider postponing, suspending or cancelling. If the event is to proceed warnings should be issued.
Extremely Poor (air is very dusty or smoky)	>300	Authorities suggest, <b>stay indoors</b> with windows and doors closed until outdoor air quality is	Authorities suggest, <b>stay indoors</b> as much as possible with windows and doors closed until	Event should be postponed, suspended or cancelled.

		<p>better and reduce indoor activity.</p> <p>Actively monitor symptoms and follow the treatment plan recommended by your doctor.</p> <p>If you are concerned about symptoms seek medical advice.</p> <p>If you or anyone in your care has trouble breathing or tightness in the chest, call <a href="tel:000">000</a> for an ambulance.</p>	<p>outdoor air quality is better.</p> <p>If you are concerned about symptoms seek medical advice.</p> <p>If you or anyone in your care has trouble breathing or tightness in the chest, call <a href="tel:000">000</a> for an ambulance.</p>	
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### Determining Whether an Archery Competition or Activity should go ahead

Participation in sport is usually regarded as participation by choice. Individual participants should determine if they are to participate in the recreational or sporting activity.

In adverse conditions it is recommended that a Risk Assessment is carried out to determine whether an Archery Tournament/Activity should go ahead. These guidelines and the recommendations and suggestions provided can be used in the assessment to assist in determining appropriate actions by clubs/RGB's/Local Organising Committees.

It is recommended that only when the AQ is 'good', 'fair' or 'poor' can archery events automatically proceed as scheduled. When the AQ is 'very poor', it is recommended that consideration be given to postponing, suspending or cancelling the event. If the competition/event is to proceed then, warnings should be issued that the conditions may pose a health hazard, particularly to those with respiratory or cardiovascular conditions.

When the AQ is 'extremely poor', the competition or event should be cancelled or suspended until the AQ improves.

### Additional Information

- Air quality information is generally updated hourly; therefore, there can be a lag between official measurements and what is occurring in real time. This can cause limitations when it comes to determining the air quality in your local environment. If smoke is affecting usual visibility within your area, it is likely that the air quality will fall into a higher risk category.
- Consecutive days of exposure to polluted air can have a cumulative effect, lowering a participant/ athlete's threshold for symptoms. This should be considered if your region has been exposed to increased smoke for several days in succession.
- All participants who suffer from asthma should have an updated asthma management plan and consult their doctor prior to exercising in smoke-affected environments.
- Recent respiratory infection increases the risk for development of smoke-related symptoms, even in non-asthmatics.



The following links will be useful in helping you determine your region's air quality;

- [Australian Capital Territory](#)
- [Victoria](#)
- [New South Wales](#)
- [Queensland](#)
- [Western Australia](#)
- [South Australia](#)
- [Tasmania](#)