

From: LICA Reception <lica2@lica.ca>

Date: Thursday, March 27, 2025 at 10:28

To:

Subject: LICA: Clean Air Webinar: Gametime of Down Time? Navigating Air Quality in Outdoor Sports and Recreation

Good Morning, LICA Members,

Please find below an email our office has received from the Alberta Airsheds Council regarding an upcoming webinar on "**Game Time or Downtime? Navigating Air Quality in Outdoor Sports and Recreation**". More information and the link to register can be found below.

Thank you,

Lori Jodoin

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Join [Alberta Capital Airshed](#) and [West Central Airshed Society](#) for our next Clean Air Webinar on "**Game Time or Downtime? Navigating Air Quality in Outdoor Sports and Recreation**". Air quality can make or break an athlete's performance—but how do we know when it's safe for us or our children to play? This webinar will explore the impact of wildfire smoke and air pollution on exercise and athletic performance, the importance of modifying training during poor air quality events and provide resources and tips for athletes and sports organizations navigating air quality concerns. **This webinar takes place on Tuesday, April 15 from 10 to 11 AM MDT.**

[Dr. Michael Koehle from UBC](#) will dive into the science behind air pollution and its effects on the body during exercise. Kim Gurtler from [The Sport Information Resource Centre \(SIRC\)](#) will introduce valuable air quality resources and training modules available to athletes and coaches, emphasizing the importance of checking the Air Quality Health Index (AQHI) before outdoor activities. Cicero Viana from the [Alberta Soccer Association](#) will discuss the organization's Air Quality Guidelines, and why clear protocols are essential for game-time decision-making.

Whether you're an athlete, coach, or sports administrator, this session will provide practical guidance on keeping players safe and active, even when air quality is a concern.

[CLICK HERE TO REGISTER](#)

Unable to attend live? Register to receive the recording of the webinar.

Presentations will be followed with a brief live facilitated Q&A, where we will have speakers respond to questions from webinar participants.

Know someone who would be interested in attending? Share this email, or share info via [X](#), [Facebook](#), [Instagram](#) or [LinkedIn](#).

Questions? Email Salina Fairbank, Engagement Coordinator with Alberta Capital Airshed at sfairbank@capitalairshed.ca.