

BTC - XC 2025

Practice Air Quality Guidelines

Living in the West we find that our summer and early fall seasons can be impacted by wildfires and the related smoke from them. We are aware of the concerns of exercising in the poor air quality and especially for young athletes. Questions arise about whether we should have practice or not and we have established criteria for determining practice status. Please know it is a personal/family decision of whether your athlete attends practice or not and you may have considerations for underlying health concerns of your athlete. If you are not comfortable with your athlete attending practice due to poor air quality, please do not attend.

For determinations of practice being held or not held, we will be using information collected by the Montana Department of Environmental Quality (DEQ) and reported [HERE](#). Practice determinations in relation to DEQ Health Effect Categories can be found in the table below:

Health Effect Guideline	Practice Determination
Good (AQI 0-50)	Practice to be held.
Moderate (AQI 51-100)	Practice to be held. May modify workout in terms of intensity or duration.
Unhealthy for Sensitive Groups (AQI 101-150)	Practice to be held. Will modify workout in terms of intensity or duration. More focus on non-aerobic activity of drills, core exercise and stretching. Possibly no running, just stretch and core.
Unhealthy or Higher (AQI >150)	No practice.

Our goal is to make practice determinations at least 2 hours prior to practice and announce on the TeamReach app.

Our AQI guidelines follow similar ones in place with Bridger Ski Foundation's Nordic Program that are formulated by US Ski & Snowboard Team - [HERE](#)

There are other websites out there that report air quality but there is no oversight on anonymous data stations (e.g. stations can be indoors per the fine print) and can be found to report questionable data (e.g. station less than 400 meters from another station yet one reporting two times the reported value than the other.) There are also other scales used to report air quality and are all highly correlated as they are mostly numeric transformations of one another.

If you have any questions or concerns, please contact Jason at jason@bozemantrackclub.org or chat at practice. Again, if you or your athlete are not comfortable in attending practice, it is completely OK to not attend!