

# HEALTHY AIR FOR ACTIVE KIDS

TIPS FOR COACHES



Coaches can help keep athletes safe from air pollution in indoor ice rinks

## HOW DO ICE RINKS BECOME POLLUTED?

- 1 Indoor ice rinks use resurfacing machines, like Zambonis®, to create quality skating conditions. Exhaust from these machines can produce pollution.
- 2 High levels of pollution can build up inside the rink if there is poor ventilation, the resurfacing machines are not working properly, or both.
- 3 High levels of pollution can cause serious illness in players and spectators very quickly.

## 3 WAYS TO HELP KEEP YOUR PLAYERS SAFE



### Talk to the ice rink manager

Make sure the ice rink manager is aware of potential air pollution associated with indoor ice rinks. S/he can provide details about how the rink monitors air quality. Recommendations for maintaining good air quality in ice arenas are available at [www.dhs.wisconsin.gov/air/arena.htm](http://www.dhs.wisconsin.gov/air/arena.htm).



### Monitor your players' health

Know the signs and symptoms of carbon monoxide (CO) and nitrogen dioxide (NO<sub>2</sub>) poisoning, the two most common air pollutants in indoor ice rinks (see next page).



### Take action if you suspect a problem

If people begin showing symptoms of poisoning, take them outdoors and call 911. Alert the staff at the rink that there may be a potential air quality issue.

LEARN MORE AND ACCESS RESOURCES

[www.dhs.wisconsin.gov/air/arena.htm](http://www.dhs.wisconsin.gov/air/arena.htm)





# SIGNS AND SYMPTOMS OF CO AND NO<sub>2</sub> POISONING

If you see players or spectators experiencing these symptoms, move them to fresh air and call 911.

## KNOW THE SIGNS AND SYMPTOMS OF CARBON MONOXIDE POISONING

IF YOU SEE SKATERS OR SPECTATORS EXPERIENCING THESE SYMPTOMS, MOVE THEM TO FRESH AIR AND CALL 911



SHORTNESS OF BREATH



HEADACHE



IMPAIRED COORDINATION



NAUSEA/VOMITING



DIZZINESS



LOSS OF CONSCIOUSNESS

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## KNOW THE SIGNS AND SYMPTOMS OF NITROGEN DIOXIDE POISONING

IF YOU SEE SKATERS OR SPECTATORS EXPERIENCING THESE SYMPTOMS, MOVE THEM TO FRESH AIR AND CALL 911



EYE, NOSE, OR THROAT IRRITATION



BREATHING PROBLEMS



COUGHING UP BLOOD

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LEARN MORE + ACCESS RESOURCES  
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