

AIR QUALITY INDEX FOR TRAINING AND RACING



LEVELS OF CONCERN	VALUES OF INDEX	DESCRIPTION OF AIR QUALITY
GOOD	0 TO 50	Air quality is satisfactory, and air pollution poses little or no risk.
MODERATE	51 TO 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
UNHEALTHY FOR SENSITIVE GROUPS	101 TO 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
UNHEALTHY	151 TO 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
VERY UNHEALTHY	201 TO 300	Health alert: The risk of health effects is increased for everyone.
HAZARDOUS	301 AND HIGHER	Health warning of emergency conditions: everyone is more likely to be affected.