



Dear Parents and Guardians,

Here at MultiSport we take great pride in the welfare of children's safety, health and wellbeing. Due to geographical circumstances we are on occasions burdened with elevated pollution levels. This has of course been well publicised and in part is a new factor of our daily lives that we have to deal with. As a company MultiSport have and are continuing to take a strong stance on pollution. MultiSport have conducted many meetings, liaised with international schools and conducted independent research related to pollution.

Below outlines some information related to pollution levels and how MultiSport aims to monitor air pollution, adjust coaching sessions and general advice.

How is Air Pollution Measured?

Air pollution is measured by the State Environment Protection Agency (SEPA) in China, readings can also be correlated with that published by the US Consulate in Shanghai. Five atmospheric pollutants are read: sulfur dioxide (SO₂), nitrogen dioxide (NO₂), suspended particulates (PM₁₀), carbon monoxide (CO), and ozone (O₃). Each individual reading is collated in order to provide an overall reading, the AQI score.

PM 2.5

PM stands for particle matter and the number indicates the size of each particle. PM 2.5 stands for particle matter that is 2.5 micrometers in size. PM 2.5 has been publicised as the most harmful of the pollutants. However the overall AQI score is not a direct indication of PM 2.5 therefore it is important both are monitored in conjunction with one another.



Monitoring AQI Score and PM 2.5

MultiSport use a well-established and accurate application called Air Quality China. This application provides an hourly update of AQI Scores from both Chinese (Putuo) and American (US Consulate) sources. In addition provides a regularly updated PM 2.5 reading. The application provides the maximum reading from all available local pollution monitoring stations in Shanghai thus providing a non-biased and accurate reading.

MultiSport Stance on Pollution

At MultiSport we are determined to make the most of a bad situation. As a company we continually monitor pollution levels throughout the day and adjust the intensity of our coaching sessions accordingly. Furthermore we advise parents to make coaches aware of children with any health issues or illnesses that may be worsened with exposure to exercise in polluted conditions. The use of pollution masks are perfectly acceptable during any of our programmes. Where possible indoor facilities are provided and coaches ensure all windows and doors are closed and exercise intensity reduced. We welcome working together to overcome this issue.



MultiSport Session Adjustments and AQI Score

AQI Score	Description	Colour (new AQI)	Health Effects	MultiSport Session
0 - 50	Excellent	Green	Satisfactory, almost no air pollution.	Normal session
51 - 100	Good	Yellow	May be unhealthy for very sensitive individuals.	Normal session. May reduce intensity for very sensitive individuals.
101 - 150	Slightly Polluted	Orange	May affect sensitive groups.	Normal session. Reduced intensity for sensitive individuals.
151 - 200	Lightly Polluted	Red	Sensitive groups can be affected and possibly healthy groups.	Reduction in session intensity and closely monitor sensitive individuals.
201 - 300	Moderately Polluted	Purple	Reduction in exercise tolerance for sensitive groups and healthy groups may exhibit symptoms.	Large reduction in exercise intensity, masks advised. Very closely monitor all participants. Move session indoors where possible. If only outdoor facilities are available and levels exceed 250 the session will be cancelled*
> 300	Heavily Polluted	Maroon	Exercise tolerance is decreased for all populations and health implications are more likely to occur.	Cancellation of session if no suitable indoor facilities can be provided. If indoors, exercise intensity will be reduced and all participants monitored closely.

* Sessions will only be cancelled if a suitable indoor facility cannot be provided. If session is cancelled outright a credit or a make-up session will be organised.

Summary

- MultiSport continually and closely monitors pollution levels
- Sensitive groups will be closely monitored and exercise intensity reduced where applicable
- Masks may be worn for sessions
- Where possible indoor facilities will be provided when pollution levels are elevated
- If no indoor facilities are available and pollution levels exceed an AQI of 250 the session will be cancelled

Kind Regards,

The MultiSport Team