



SINGAPORE DRAGON BOAT ASSOCIATION

HAZE ACTION PLAN

2nd Edition, 26th August 2016

A. EXECUTIVE SUMMARY

This is the Singapore Dragon Boat Association (SDBA) action plan for Haze Management for Dragon Boating Activity.

SDBA adheres to the Haze Advisory issued by the National Environment Agency (NEA). Please refer to their website, www.haze.gov.sg

1. All dragon boat activity to cease at **PSI level >200 at either 1hr PM_{2.5} and/or 24hr readings.**
2. At PSI level 100 to 199, Teams are advised to review the condition and check on physical status of own crew. Whenever in doubt or undecided, all decision makers are advised to err on the side of safety and caution and cease the activity.

B. BACKGROUND

This plan shall be activated during the “haze months” as announced by the NEA

OR

When the reported PSI Level > 100.

C. WHEN TO USE 24HR and 1HR_{2.5} PSI READINGS

1. 24-HR PSI

The 24-hour PSI is an interpretation of the historical 24-hour average of PM_{2.5} concentrations. It is primarily used to advise on major decisions, e.g. school closure, etc. whereby the decision needs to be made in advance.

SDBA will use the 24-hour PSI advisory to decide on the advance cancellation (by 24-hours in advance) of ALL dragon boat events.

Dragon Boat Teams may use the 24-hour PSI advisory to decide whether to proceed or cancel their dragon boating activity within the next 24 hours.

2. 1-HR PM_{2.5}

The 1-hour PM_{2.5} concentration readings are meant to guide immediate personal activities, current for the time period of that personal activity.

It is a better near real-time gauge of current air quality. It should be noted that the 1-hour PM_{2.5} concentration readings can be volatile and tend to fluctuate over the day as it is more sensitive and therefore more accurate of the current air quality than the 24-hour PSI readings.

Therefore, the 1-hour PM_{2.5} concentration reading should be used to decide on the immediate course of action during and/or for that available time frame.

SDBA will use the 1-hour PM_{2.5} concentration readings to decide on the cancellation of ALL dragon boat activities, on water and/or land (as long as the land activity is conducted outdoors).

Dragon Boat Teams **MUST REFER** to the 1-hour PM_{2.5} concentration readings on whether to proceed or cancel their dragon boat activities, on water and/or land (as long as the land activity is conducted outdoors).



D. ACTION PLAN

Phase	24-hour PSI & 1-hour PM _{2.5}	Status	Dragon Boat Activities (on water or on land)	Decision
0	GOOD (0 - 50)	Normal Activities	Proceed	
1	MODERATE (51 - 100)	Normal Activities	Proceed	Some people may show signs of sensitivity, i.e. running nose, eye irritation, etc. Team Managers, Captains, Trainers, Coaches or Authorized Person(s) to decide whether to proceed or cease the activity
2	UNHEALTHY (101 - 200)	Reduced prolonged or strenuous outdoor physical exertion Persons with known medical conditions should AVOID prolonged or strenuous outdoor physical exertion	Proceed with Caution & Care	Team Managers, Captains, Trainers, Coaches or Authorized Person(s) to decide whether to proceed or cease the activity If proceed: <ol style="list-style-type: none"> 1. Persons with known medical conditions should be prevented from participating 2. Consider the wearing of face mask to help in filtering the air 3. Reduce/limit the dragon boat event/ activity sessions
3	VERY UNHEALTHY (201 - 300)	AVOID prolonged or strenuous outdoor physical exertion	Suspend and/or Stop all activities	All dragon boating events/activities to be suspended and/or stopped
4	HAZARDOUS (Above 301)	No dragon boating event/activity permitted		



E. ADVISORY FOR DRAGON BOAT TEAMS

1. If decision is to proceed with activity (when the 24-hour PSI and/or 1-hour PM2.5 Concentration readings are <200), The Team Manager, Captain, Trainer, Coach and/or Authorized Person(s) to physically check that the crew member for first-indicator signs of respiratory distress, namely running nose, watery eyes, sore throat and coughing.
2. If all these symptoms are present, the affected crew member shall not be allowed to participate in the dragon boating activity.
3. During dragon boating activity, The Team Manager, Captain, Trainer, Coach and/or Authorized Person(s) to constantly monitor crew member(s) for respiratory distress, namely running nose, watery eyes, sore throat and coughing.
4. The Team Manager, Captain, Trainer, Coach and/or Authorized Person(s) to constantly monitor PSI level from NEA website, www.haze.gov.sg
5. During dragon boating activity, final decision to proceed or cease the activity will rest with the Team Manager and/or Authorized Person(s). In Team Manager's and/or Authorized Person(s) absence, final decision will rest with The Coach.
6. Crew Member who are asthmatic is required to have their 'Ventolin' inhaler with them while undergoing the dragon boating activity. Otherwise, they should be advised to refrain/abstain from participating in the activity.
7. Crew Members who are unwell (sick), on medication, recovering from an illness (counted as within 5 days after diagnosed with the illness/ailment or general feeling of unwell) or think/suspect that they are falling sick should abstain/refrain from participating in any dragon boating activity.
8. Whenever in doubt or undecided, all decision makers are advised to err on the side of safety and caution and cease the activity.



F. CONCLUSION

SDBA will adopt this plan, effective Friday 26th August 2016.

Next review of this plan will be when NEA announce the start of the “haze months” in 2017.

Raizal A. Jalil
Secretary General
Singapore Dragon Boat Association

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