

For organizers of regular outdoor events

PM _{2.5} (µg/m ³)	Air quality	Regular events (sports-related or not, e.g., marathons, festivals, etc.)
0-30	Good	Carry out regular tasks ¹ .
30-60	Unhealthy for persons who are increasingly at risk	Send individual prevention messages to participants.
60-100	Unhealthy for the entire population	Follow the CNESST 's recommendations and those of the RSPSAT for workers and volunteers.
100-250	Very unhealthy for the entire population	Send individual prevention messages to participants. Follow the CNESST 's recommendations and those of the RSPSAT for workers and volunteers. Consider postponing the entire event or part of the event if it includes activities that could leave participants short of breath or place them increasingly at risk. Refer to recommendations from relevant sport federations.
Over 250	Hazardous	Postpone the entire event or part of the event.

¹ Certain increasingly vulnerable persons, particularly those with pulmonary issues, can experience symptoms at concentrations inferior to 30 µg/m³, therefore vigilance is of the utmost importance.

This information and these communications will likely change, based on scientific knowledge. They are currently applicable to the 2025 season.