

HEALTHY AIR FOR ACTIVE KIDS

TIPS FOR PARENTS



Parents can help keep kids 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 KIDS SAFE



Talk to your child's coach

Make sure your child's coach is aware of the potential for air pollution associated with indoor ice rinks. S/he may be able to talk to ice rink managers about how they monitor air quality.



Monitor your child's health

Know the signs and symptoms of carbon monoxide (CO) and nitrogen dioxide (NO₂) 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





SIGNS AND SYMPTOMS OF CO AND NO₂ 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

Download a full-size copy of this poster from www.bit.ly/coposter

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

Download a full-size copy of this poster from www.bit.ly/no2poster

LEARN MORE + ACCESS RESOURCES
www.dhs.wisconsin.gov/air/arena.htm

