

AIRPARIF AT THE TIME OF THE OLYMPIC AND PARALYMPIC GAMES

On the occasion of the Paris 2024 Olympic and Paralympic Games, Airparif is launching a new hourly air quality forecast tool for every street and for the whole Paris Region. Now available on the Airparif website and mobile application, this tool will help spectators and all Parisians to reduce their exposure to pollution. In partnership with the Agence régionale de santé Île-de-France (ARS-IDF), Airparif is also making health recommendations more accessible in the event of a pollution episode, offering enhanced protection for all during the Games. These new features will be continued after the Games, and will improve the information provided to the people of Ile-de-France about air pollution over the long term.

Reliable air quality forecasts for each Olympic venue

Since 1979, Airparif has been the independent body in charge of monitoring and providing information on air quality in the Paris region, including day-to-day forecasts of air quality and pollution episodes, in support of local authorities and the Prefect of Police. Building on this expertise, on the occasion of the Olympic and Paralympic Games, Airparif is deploying an unprecedented hour-by-hour, street-by-street air quality forecasting tool for the entire region. These fine forecasts are already available on the Airparif website [www.airparif.fr/surveiller-la-pollution/la-pollution-en-direct-en-ile-de-france] and on its application [Google Play : <https://play.google.com/store/apps/details?id=fr.asso.airparif.itinerair> and Apple Store <https://apps.apple.com/fr/app/airparif/id1151927602>] (subject to acceptance times on the stores). In particular, it will enable Parisians and tourists to anticipate their exposure to air pollution and adapt their behavior accordingly.

In addition, Airparif is now making it possible to zoom in on each Olympic venue to access local air quality maps on its website and app for the duration of the Games.



Visual of the hourly air quality forecast platform on the Airparif website

More accessible health recommendations during air pollution episodes

While, like every summer, there is a risk of a pollution episode, notably due to low-level ozone as a result of sunshine and rising temperatures [more information on this pollutant and its origin: <https://www.airparif.fr/etudes/note-aux-decideurs-pollution-de-lair-et-jop-2024> - in French], it is possible to keep informed via notifications on the Airparif application and its website, by subscribing to an alert bulletin by e-mail [<http://www.airparif.fr/choisissez-vos-alertes>] or via social networks.

On the occasion of the Olympic and Paralympic Games, Airparif has joined forces with the Agence régionale de santé - Île-de-France (ARS-IDF) to improve the accessibility of health recommendations in the event of a pollution episode. These documents are now understandable for people who speak little or no French. They can be consulted on the Airparif and ARS-IDF websites and will be widely distributed during each pollution episode [see for example <https://www.airparif.fr/recommandations-sanitaires-en-cas-de-episodes-de-pollution-de-lair-o3-sir> - in French].

As a reminder, an air pollution episode corresponds to a day during which pollutant concentrations reach levels that have a short-term impact on human health: depending on the intensity of the episode, they can lead on the same day and in the following days to a worsening of certain pathologies, such as asthma, as well as an increase in hospitalizations. The very young, the elderly and people with pre-existing respiratory or cardiovascular pathologies are particularly vulnerable.



Avoid any intense open-air activities that requires mouth breathing.



Stay indoors during early mornings and late evenings.

Example of a health recommendation in the event of a low-level ozone pollution episode

Sport and air pollution: what are the risks?

To coincide with the Games, Airparif is releasing a "5 minutes to understand" publication dedicated to the risks and benefits of practicing sport in polluted air [<http://www.airparif.fr/publi/5min-pour-comprendre/activite-physique-et-qualite-de-l-air/> - in French]. It shows that, while exposure to air pollution degrades sporting performance, the benefits of practising sport outweigh the long-term health risks associated with air pollution in the Île-de-France region. In fact, inactivity is far more harmful to health than physical activity, even in a polluted environment, given the pollution levels measured.

The usual level of particulate pollution in the region is such that you'd need to cycle intensively for more than 10 hours a day to reach a tipping point where the risk of air pollution outweighs the health benefits. This time may be much shorter in other parts of the world where pollution levels are higher.

There is only one exception: while healthy people can continue to take part in physical or sporting activities during pollution episodes, observing a few good practices to avoid overexposure to pollution, vulnerable and sensitive people are exceptionally advised to reduce the intensity of their sporting activities and to refer to the health recommendations issued by ARS-IDF.



5 minutes to understand - Physical activity and air quality

Games and air quality

With reinforced monitoring and knowledge of historical pollution levels, Airparif will produce a post-Games assessment of the impact of this major event on air quality.

Additional information for the media

- **Air quality forecast for Olympic venues:** on request, Airparif can provide interested media with the data required to produce a live air quality forecast for 6 hours at each Olympic venue.
- **Daily forecasts of air quality and pollution episodes:** <http://www.airparif.fr/surveiller-la-pollution/la-prevision> and Airparif mobile application [Google Play : <https://play.google.com/store/apps/details?id=fr.asso.airparif.itinerair> et Apple Store <https://apps.apple.com/fr/app/airparif/id1151927602>]
- **Health recommendations in the event of an episode:** <https://www.airparif.fr/agir-sur-la-qualite-de-lair/les-bons-reflexes-en-cas-depisode-de-pollution> - in French
- **Note to decision-makers: Ozone pollution episodes:** <https://www.airparif.fr/etudes/note-aux-decideurs-pollution-de-lair-et-jop-2024> - in French
- **5 minutes to understand: Physical activity and air quality** <http://www.airparif.fr/publi/5min-pour-comprendre/activite-physique-et-qualite-de-l-air/> - in French