



*ACT Walking for Pleasure Inc.*

## **INDIVIDUAL RESPONSIBILITY FOR WALKING IN ADVERSE AIR QUALITY CONDITIONS**

ACT Health monitors the air quality at three locations in Canberra: Florey in Belconnen, Civic in central Canberra, and Monash in Tuggeranong.

The ACT Health *Air quality in the ACT* webpage may be accessed by clicking [HERE](#). Scroll down the page to view the latest air quality index at each of these monitoring locations.

On days with poor air quality it is the responsibility of individual walkers to decide whether the air quality is bad enough to have an adverse effect on their health while walking, and to decide whether or not to participate in an ACT Walking for Pleasure event. Those walkers who need a bronchodilator inhalant, such as Ventolin, are responsible for carrying their own inhaler and should, preferably, advise another walker of the location of the inhaler in their backpack.