



AALBORG UNIVERSITY
DENMARK

Aalborg Universitet

CLIMA 2016 - proceedings of the 12th REHVA World Congress

Heiselberg, Per Kvols

Publication date:
2016

Document Version
Final published version

[Link to publication from Aalborg University](#)

Citation for published version (APA):
Heiselberg, P. K. (Ed.) (2016). CLIMA 2016 - proceedings of the 12th REHVA World Congress: volume 7. Aalborg: Aalborg University, Department of Civil Engineering.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- ? Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- ? You may not further distribute the material or use it for any profit-making activity or commercial gain
- ? You may freely distribute the URL identifying the publication in the public portal ?

Take down policy

If you believe that this document breaches copyright please contact us at vbn@aub.aau.dk providing details, and we will remove access to the work immediately and investigate your claim.

Survey-based study on sportsmen performance under different air parameters in sport halls

Aleksejs Prozuments^{#1}, Anatolijs Borodinecs^{#1}, Darja Strutinska^{#1}, Anna Nefedova^{#2}, Iuliya Bykova^{#2}.

^{#1}Riga Technical University

Kalku 1, Riga, LV-1658, Latvia, www.rtu.lv

^{#2}Peter the Great St.Petersburg Polytechnic University

Russia, 195251, St.Petersburg, Polytechnicheskaya, 29, <http://english.spbstu.ru/>

¹aleksejs.prozuments@rtu.lv

Abstract

Nowadays an importance of indoor air quality is highlighted by numerous researches. There are strong dependence between CO₂ concentration and human health and office workers performance. This study provides research on sportsmen performance under different indoor air parameters. During the study the IAQ parameters were measured in three different sport halls and special questionnaires were distributed between taekwondo sportsmen. Age of sportsmen 10 – 15 years. In order to evaluate performance of taekwondo fighters the total number of received scores by the same fighters in different sport halls were compared. Results have shown that in sport hall with higher CO₂ concentration number of received scores were much smaller in comparison to halls with CO₂ concentration at 1000ppm.

Keywords - Ventilation; CO₂ concentration; Sport halls; Indoor Air Quality, Energy Efficiency.

1. Introduction

One of the most commonly used indicator of the indoor air quality is a concentration of CO₂. The advantage of this method is that it is relatively easy to do measurements and that it is not expensive. Also, many studies and practical experience have shown that this method is reliable and accurate.

Moderately high indoor concentrations of carbon dioxide (CO₂) can significantly impair people's decision-making performance. Increased levels of CO₂ may have particular implications for schools and other spaces with high occupant density. It has been also observed in numerous studies that higher indoor CO₂ concentrations relative to outdoors are due to low rates of ventilation, which are often driven by the need to reduce energy consumption (Chao 2012).

Many international standards recommend different values for the maximum available CO₂ concentration indoors. For instance, ASHRAE standard 62-1989 states that CO₂ level indoors should not exceed 1000 ppm. European standard suggests that maximum level of CO₂ is 3500 ppm, whereas US Agency for Safety and Health at Work claims that CO₂ levels up to 5000 ppm will not cause any issues for humans even when being exposed for a long time (Etheridge et al).

To sum it up, we can see that this brief analysis demonstrates, that different sources suggest rather different values with regards to the maximum acceptable CO2 level indoors. If we continue this analysis and look up at some local standards throughout the European countries, we may see that it has a connection with the financial stability and technology development. If higher level of CO2 is permitted, it will translate in lower energy consumption of a building and vice versa.

While exercising or doing some heavy work it is necessary to ensure the sufficient amount of fresh air supply into the room. Air temperature and relative humidity can be maintained without having a proper ventilation system and these parameters are very individual for sportsmen, depending on their age, weight and physical condition, whereas CO2 level is the one indicator that is crucial in sports halls, as it may directly affect the performance of the sportsmen. Existing studies are focused on IAQ in kindergartens, schools and apartment buildings (Vatin et al., Borodinecs et al and Gorskov 2015.). Such studies shows relation between ventilation rate, energy consumption and human comfort level. However, limited studies are available on sportsmen performance under different IAQ parameters.

The importance of ventilation in fitness centers was highlighted in several studies. For example recent research (Ramos 2014) on the exposure to indoor air pollutants during physical activity in fitness centers provides extensive analysis on mechanical and natural ventilation systems working specific in large athletic halls. Similar to this research, other authors proves that both mechanical and natural ventilation systems could be efficiently used in sport halls (Priyadarsini et al.).

The objective of this study was to analyze the indoor climate in four different sports halls in Riga, Latvia and to determine the relationship between the building air change rates and the sportsmen performance in the investigated buildings.

2. Materials and Methods

Four sports halls were examined – Riga’s National Sports Manege (hall 1), Riga Lithuanian Secondary School (hall 2) and Riga Secondary School No 15. (hall 3) and sport club “Kumite” (hall 4). Each sport hall is equipped with mechanical supply/exhaust systems. However ventilation system doesn’t work in Riga’s National Sports Manege. The floor area and number of persons during competition was precisely known for three halls (Table 1).

Table 1. Additional data on sports halls.

Sports hall	Floor area, m2	Number of people per m2	Heating system	Ventilation system
Hall 1	2004	0,75	Central	Supply/exhaust
Hall 2	563	0,27	Central	Supply/exhaust
Hall 3	588	0,25	Central	Supply/exhaust
Hall 4	-	-	Central	Supply/exhaust

For indoor air quality measurements data loggers with the following parameters were used: temperature: -200°C to 70°C ($\pm 0.35^\circ\text{C}$); relative humidity: 10% to 90% ($\pm 2.5\%$); CO2 level: 0 to 2500 ppm (± 50 ppm or 5% of reading).

Riga's National Sports Manege was built during Soviet Union times back in 1965 and it was constructed and designed according to the architectural, structural and comfort requirements of that time. Currently the sportshall is obsolete, energy inefficient, expensive to maintain and does not meet the international standards and therefore needs to be renovated.

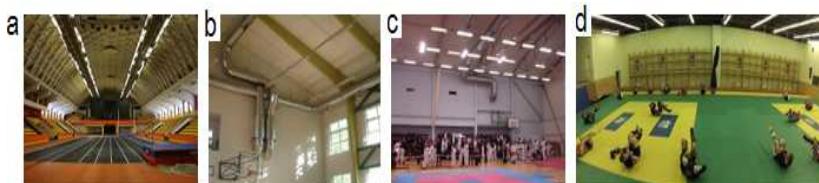


Fig. 1 a) Riga's National Sports Manege (hall 1); b) Riga Lithuanian Secondary School (hall 2); c) Riga Secondary School No. 15. (hall 3); d) sports club "Kumite" (hall 4).

Riga Lithuanian Secondary School was built in 2001 and is equipped with modern and efficient ventilation and heating system. Sports hall hosts many local youth tournaments. Riga Secondary School No. 15 was built in 1945 and is currently one of the oldest schools in Riga. In 2003 it was completely refurbished and retrofitted with a modern sports hall which is equipped with central heating system and supply-exhaust ventilation.

CO₂ concentration, relative humidity and indoor air temperature were measured inside those three sports halls. Measuring units were placed against the wall at 2m height above the floor to exclude the risk of false measurements.

Ten professional sportsmen agreed to participate in the indoor climate evaluation test in those sports halls and therefore they underwent their weekly trainings doing same exercises in these three halls so that the indoor air quality and sportsmen performance relationship could be adequately assessed. After each training session the sportsmen were asked to fill the questionnaire about their perception of the indoor air quality in each hall. They were asked to answer the following questions:

- 1) age, sex?
- 2) did you have any health problems before the training?
- 3) how is your overall health?
- 4) how did you feel at the beginning of the training?
- 5) how did you feel in the middle of the training?
- 6) how did you feel at the end of the training?
- 7) how do you assess the indoor air quality in the sports hall?

Depending on the sportsmen evaluation the overall assessment of the indoor air climate in each of the three sports halls was generated and linked to the sportsmen performance.

Sportsmen performance was evaluated by sum of score earned during tournament in each hall.

They were asked to evaluate indoor comfort to derive the PMV and PPD values.

The Predicted Mean Vote (PMV) is the average thermal sensation response of a large number of subjects, using the ASHRAE thermal sensation scale (+3 hot, +2 warm, +1 slightly warm, 0 neutral, -1 slightly cool, -2 cool, -3 cold).

Given the subjective nature of comfort, there will actually be a distribution of satisfaction among a large group of people. Equation 1 shows a mathematical relationship between the PMV and thermal load (L), metabolic rate (M).

Figure 2 shows an empirical relationship between PMV and PPD (Predicted Percentage of Dissatisfied).

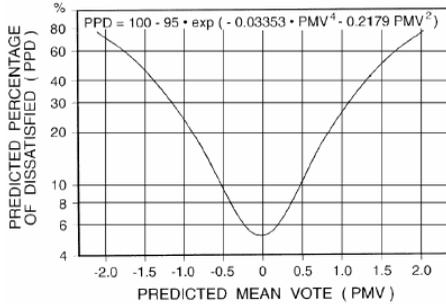


Fig. 2 Figure. 2. An empirical relationship between PPD and PMV.

3. Results and discussion

The comparison of CO₂ concentration in all analyzed sport hall is shown in figure 3. Measurements were done during competitions from approximately 10.00 till 17.00.

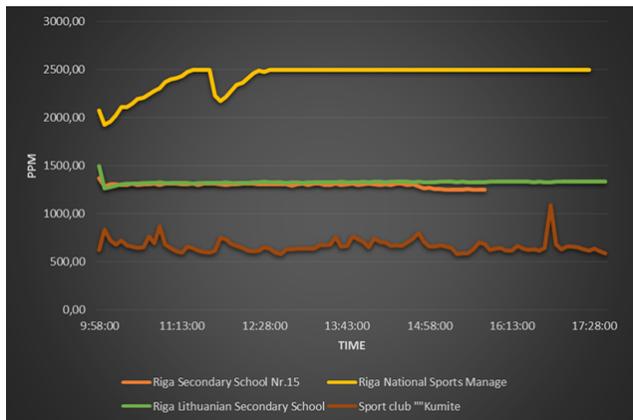


Fig. 3. Comparison of CO₂ concentration in analyzed sporting halls during competitions

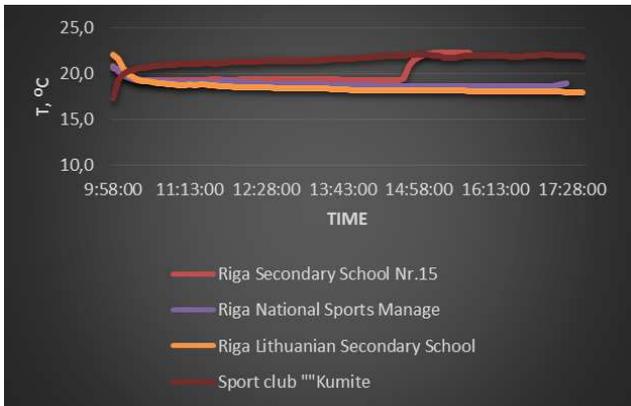


Fig. 4. Comparison of indoor air temperature in analyzed sporting halls during competitions

As it can be seen from Figure 3, the CO₂ concentration exceeding 1500 ppm in Riga National Sport Manage, while most optimal CO₂ level was measured in sport club “Kumite” premises. CO₂ concentration in Riga Lithuanian Secondary School and Riga Secondary School No 15 was stable during competition with average value 1500ppm. Temperature and relative humidity levels were maintained within the normal range. The maximal temperatures was reached in sport club “Kumite” with peak point 22oC. The lowest temperature range were measured at Riga Lithuanian Secondary School. Sportsmen performance during the competitions were evaluated by total number of score obtained during the fights.

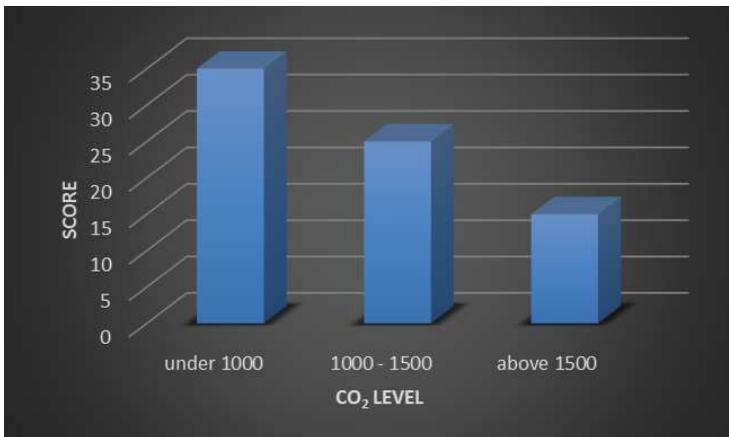


Fig. 5. Comparison of indoor air temperature in analyzed sporting halls during competitions.

4. Conclusions

In this study four sports halls with similar heating and ventilation system, but different sportsmen density per area were examined.

It was also observed, that both temperature and relative humidity levels maintained within the normal range and therefore did not pose any effect on the sportsmen performance.

Analysis of questionnaires have shown that sportsmen feel relatively comfortable if the CO₂ concentration does not exceed 1500 ppm, whereas at the CO₂ levels exceeding 1500 ppm sportsmen experienced slight headache, drowsiness and fatigue even at early stages of the physical exercising. These factors led to noticeable underperformance.

The study has clearly proven that an insufficient air exchange is leading to the increase of the CO₂ levels and thus, lowering the sportsmen performance.

Seeking to reduce the energy consumption in buildings, the need for a sufficient ventilation air exchange is often compromised, which leads to rise in CO₂ levels and makes it difficult or even impossible to control the CO₂ levels indoors.

It is critically important to ensure a regular air exchange in sports halls, replacing stuffy air with and fresh supply air and thus maintaining CO₂ levels under 1000-1500 ppm.

Acknowledgement

We would like to thank the Principals and Sports Teachers of Riga Lithuanian Secondary School and Riga Secondary School No 15, as well as Managers and Personnel of Riga's National Sports Manege and the sports club "Kumite" for allowing our fellow-researchers to conduct necessary measurements during the sports classes, trainings and competitions.

Also, we would like to thank Riga Technical University for providing the necessary equipment for the measurements.

References

- [1] ASHRAE (2003) Handbook–HVAC Applications, American Society of Heating, Refrigerating and Air-Conditioning Engineers, Inc., Atlanta, GA.
- [2] ANSI/ASHRAE Standard 55-2004 Thermal Environmental Conditions for Human Occupancy, 2004. – 30 p.
- [3] Etheridge, D. and Sandberg, M. (1996) Building Ventilation – Theory and Measurement. John Wiley & Sons, Chichester, UK.
- [4] Li, Y., Huang, X., Yu, I.T. et al. (2005) Role of air distribution in SARS transmission during the largest nosocomial outbreak in Hong Kong. *Indoor Air*, 15, 83–95.
- [5] Topp, C., Jensen, R.L., Pedersen, D.N. et al. (2001) Validation of boundary conditions for CFD simulations on ventilated rooms. In: *Proceedings of Indoor Air Quality, Ventilation and Energy Conservation in Buildings Conference*, Changsha, Hunan, China, 2–5 October 2001, vol. 1, pp. 295–302.
- [6] Ramos C.A., Wolterbeek H.T., Almeida S.M. Exposure to indoor air pollutants during physical activity in fitness centers. *Building and Environment* 82 (2014) 349-360.
- [7] Priyadarsini Rajagopalan, Mark B. Luther. Thermal and ventilation performance of a naturally ventilated sports hall within an aquatic centre. *Energy and Buildings* 58 (2013) 111–122

- [8] Gorshkov, A., Vatin, N., Nemova, D., Shabaldin, A., Melnikova, L., & Kirill, P. (2015). Using life-cycle analysis to assess energy savings delivered by building insulation. Paper presented at the Procedia Engineering, , 117(1) 1085-1094. doi:10.1016/j.proeng.2015.08.240
- [9] Vatin, N., Petrichenko, M., Nemova, D., Staritcyna, A., & Tarasova, D. (2014). Renovation of educational buildings to increase energy efficiency doi:10.4028/www.scientific.net/AMM.633-634.1023
- [10] Vatin, N. I., Nemova, D. V., Tarasova, D. S., & Staritcyna, A. A. (2014). Increase of energy efficiency for educational institution building doi:10.4028/www.scientific.net/AMR.953-954.854
- [11] Borodinecs, A., & Budjko, Z. (2009). Indoor air quality in nursery schools in Latvia. Paper presented at the 9th International Conference and Exhibition - Healthy Buildings 2009, HB 2009, Retrieved from www.scopus.com
- [12] Borodinecs, A., Zemitis, J., Kreslins, A., & Gaujena, B. (2012). Determination of optimal air exchange rate to provide optimal IAQ. Paper presented at the 10th International Conference on Healthy Buildings 2012, , 2 1114-1119. Retrieved from www.scopus.com
- [13] Prozumants, A., Borodinecs, A. (2012). The optimal operating range of VAV supply units. Paper presented at the 10th International Conference on Healthy Buildings 2012, , 2 936-942. Retrieved from www.scopus.com
- [14] Chao J. (2012). Elevated Indoor Carbon Dioxide Impairs Decision-Making Performance. Berkeley Lab Journal.