

WPUSD Guidelines for Outdoor Activity Based On Air Quality Level

Visit AirNow.Gov to see the local air quality in real-time.

<i>Physical Activity</i>	Level 1 Good	Level 2 Moderate	Level 3 Unhealthy for Sensitive Individuals	Level 4 Unhealthy	Level 5 Very Unhealthy	Level 6 Hazardous
AQI Value (Air Quality Index)	0 - 50	51 - 100	101 - 150	151 - 200	201 - 300	301+
Windows/Doors	OK to open	OK to open	Keep closed	Keep closed	Keep closed	Keep closed
Recess (15 minutes)	No Restrictions	Ensure sensitive individuals are medically managing their condition. *	Sensitive individuals should exercise or play indoors or avoid vigorous outdoor activities. *	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors. *	Avoid outdoor activities and only light exercise indoors dependent on interior air quality.	Avoid outdoor activities and only light exercise indoors dependent on interior air quality.
P.E. (1 hour)	No Restrictions	Ensure sensitive individuals are medically managing their condition. *	Sensitive individuals should exercise or play indoors or avoid vigorous outdoor activities. *			
Athletic Practices & Training and Outdoor Sporting Events (2-4 hours)	No Restrictions	Ensure sensitive individuals are medically managing their condition. *	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. For Sporting Events - Increase rest breaks and substitutions per CIF Ensure sensitive individuals are medically managing their condition. *	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions Per CIF** guidelines all sporting events must be rescheduled or relocated to areas with better air quality. Sensitive individuals should remain indoors. *	All Sporting Events must be rescheduled or relocated to areas with better air quality.	All Sporting Events must be rescheduled or relocated to areas with better air quality. Potential school closure based on air quality outside and inside of buildings

* Sensitive Individuals include all those with asthma, respiratory or other heart/lung conditions.

** California Interscholastic Federation