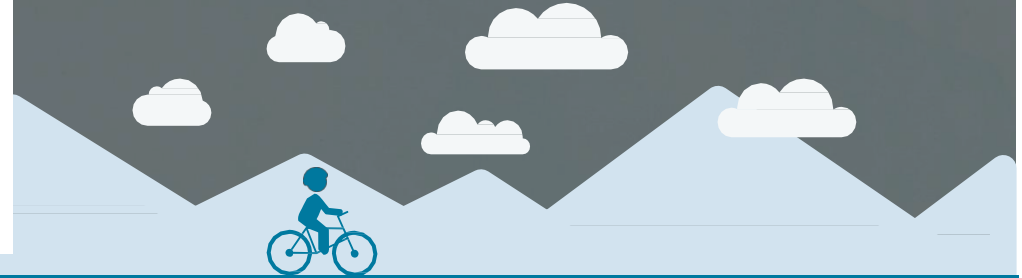


# School Air Quality Activity Recommendations

## AIR QUALITY RESOURCES

PAUSD references [www.airnow.gov](http://www.airnow.gov) website and uses the "Fire and Smoke Map" link on that website for for guidance on air quality.



Activity	Air Quality Level				
	LEVEL 1 0 - 50 AQI	LEVEL 2 51 - 100 AQI	LEVEL 3 101-150 AQI	LEVEL 4 151 - 200 AQI	LEVEL 5 201 - 500 AQI
<b>Recess (15min)</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	No outdoor activity. Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
<b>P.E. (1hr)</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	No outdoor activity. Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
<b>Athletic Practice &amp; Training (2-4hrs)</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Reduce vigorous exercise, increase rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.*	No outdoor activity. Exercise indoors with increased rest breaks and substitutions. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
<b>Scheduled Sporting Events</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	No outdoor activity. Consider rescheduling or relocating event. Increase rest breaks and substitutions per CIF guidelines Ensure that sensitive individuals are medically managing their condition.*	No outdoor activity. Consider relocation or rescheduling of event.

\* Sensitive Individuals include all those with asthma or other heart/lung conditions

\*\* California Interscholastic Federation