






# Real-Time Outdoor Activity Risk (ROAR) Guidelines

ROAR Level					
<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.*	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.	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 min. 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 to 30 min per hour of practice time with increased rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.	Exercise indoors or reduce vigorous exercise to 30 min of practice time 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.	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.	Event must be rescheduled or relocated.
<b>PM2.5 range</b> <b>Ozone range</b>	1 – 12 µg/m3 1 – 59 ppb	13 – 35 µg/m3 60 – 75 ppb	36 – 55 µg/m3 76 – 95 ppb	56 – 75 µg/m3 96 – 115 ppb	>75 µg/m3 >115 ppb

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

\*\* California Interscholastic Federation