



## TURLOCK UNIFIED SCHOOL DISTRICT INCLEMENT WEATHER COACHES QUICK-GUIDE

	Temp (°F) WBGT (°F)	Air Quality (Particulate (µg/m <sup>3</sup> ) OR Ozone (ppb))	Lightning (miles)	Action: If multiple conditions exist, most restrictive apply
<b>Green</b>	T: ≤ 85	Particulate: 1-12 Ozone: 1-59	None	Normal Activity
<b>Yellow</b>	T: 86-89	Particulate: 13-35 Ozone: 60-75	20-30	Use discretion
<b>Orange</b>	T: ≥90  Measure WBGT, if 87-89.9 Orange conditions exist.	Particulate: 36-55 Ozone: 76-95  Review <a href="https://map.purpleair.com/">https://map.purpleair.com/</a> for location specific measurement. If AQI 100-149 Orange conditions exist.	10-20	Air Quality - Reduce vigorous exercise to 30 min/hr, increase rest breaks & substitutions during competitions.  Heat – Grass fields preferred. 5-min break/30 min (shade if possible). Total activities <2 hrs. <ul style="list-style-type: none"> <li>• Football – full pads w/ helmets off during breaks.</li> <li>• Cross Country – Entire course viewable by coach encouraged.</li> <li>• Tennis – Grass or indoors practice only.</li> </ul> Lightning – Increase monitoring
<b>Red</b>	T: ≥90  Measure WBGT, 90-91.9 Red conditions exist.  *Extra precautions required if 91-91.9	Particulate: 56-75 Ozone: 96-115  Review <a href="https://map.purpleair.com/">https://map.purpleair.com/</a> for location specific measurement. If AQI 150-199 Red conditions exist.	≤ 10	Air Quality - Reduce vigorous exercise to 30 min/hr, increase rest breaks & substitutions during competitions. Sensitive individuals medical manage condition.  Heat – Grass fields preferred (*required.) 5-min break/20 min (*15 min) in shade if possible. Total activities <2 hrs (*<1.5 hrs.) <ul style="list-style-type: none"> <li>• Middle School Athletics – Canceled if 91-91.9</li> <li>• Football – Helmets off during breaks (*T-shirts, shorts, helmets only.)</li> <li>• Cross Country – Entire course viewable recommended (*required.)</li> <li>• Tennis – Grass or indoors practice.</li> </ul> Lightning – Be prepared to move indoors. Make announcements.
<b>Purple</b>	T: ≥90  Measure WBGT, ≥92 Purple conditions exist	Particulate: ≥76 Ozone: ≥ 116  Review <a href="https://map.purpleair.com/">https://map.purpleair.com/</a> for location specific measurement. If AQI > 200 Purple conditions exist.	≤ 10	Air Quality – All practices and competitions are canceled.  Heat – Outdoor practices and competitions are postponed.  Lightning – Move all individuals indoors and stay indoors for at least 30 minutes after the last lightning strike.