

AIR QUALITY AND HOT WEATHER PROCEDURES

AIR QUALITY PROCEDURE

Notification

- A. The forecasted Air Quality Reading is a Forecast. When necessary, on days when the forecasted reading is at a Health Advisory, a real time call for Athletics will be made. For Athletics, a real time call will be made at 11:00am for any change in the forecasted stage. The Athletics threshold exceeds that of the general student population. The threshold for athletics is an Air Quality Index (AQI) of 170+ for middle and high school and 151+ for elementary. The call will be made from the District Athletic Director's Office. The air quality web site <http://www.valleyair.org> will be used to determine conditions with the real-time air advisory network.

The real time call is made to ensure the safety of our students and to ensure our students are not needlessly denied participation opportunities. During the winter air quality can be worse in the morning hours due to particulate matter. As the day goes on, the air can get better. During the warmer months, the air quality can be worse in the afternoon hours due to ozone and heat. As the day goes on, the air quality can get worse.

Procedures

The following actions shall be taken upon the declaration of these stages:

A. Health Advisory

- a. Physical Education: The school principal or designee shall check district email frequently for notification of the Real-time Air Advisory Network (RAAN) and Air Quality Index (AQI). Students at every school level with special health problems shall follow the precautions recommended by their physicians and shall refrain from all vigorous and strenuous activities. Students with special health problems (i.e., cardiac, asthma, or any other respiratory problems) will be identified on the confidential health list prepared and distributed by school nurses. Strenuous physical activities for all students should be reduced and less strenuous activities substitutes, e.g., running to walking. Sensitive children and adults should curtail outdoor activities and everyone else should limit prolonged outdoor exertion.
- b. Athletic Events: The school principal or designee shall check district email frequently for notification from the Athletic Department. At 11:00am, a notice will be sent districtwide regarding the real time air quality. The threshold for athletics is 170+ AQI for middle and high school and 151 AQI for elementary. When the call is made to cancel all athletic practices, games, and events, the principal or designee of each school shall ensure all events are cancelled.

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- B. Level 1 (Ozone < 60ppb, PM2.5 = 1-12ug/m3)**
- No restrictions
 - Regular school activities
- C. Level 2 (Ozone = 60-75ppb, PM2.5 = 13-35ug/m3)**
- Ensure sensitive individuals are medically monitoring their condition
 - Regular school activities
- D. Level 3 (Ozone 76-95ppb, PM2.5 = 36-55ug/m3)**
- Recess/PE - Sensitive individuals should exercise indoors or avoid vigorous outdoor activities
 - Athletic Practice/Training – 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.
 - Sporting Events – Increase rest breaks and substitutions per CIF guidelines for extreme heat. Ensure sensitive individuals are medically monitoring their condition
- E. Level 4 (Ozone 96-115ppb, PM2.5 = 56-75ug/m3)**
- Recess – Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.
 - PE – Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.
 - Athletic Practice/Training – Exercise indoors or reduce vigorous exercise to 30 min of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.
 - Sporting Events – Increase rest breaks and substitutions per CIF guidelines for extreme heat. Ensure that sensitive individuals are medically managing their condition.
- F. Level 5 (Ozone > 115ppb, PM2.5 > 75ug/m3)**
- Recess/PE/Athletic Practice and Training – No outdoor activity. All activities should be moved indoors.
 - Sporting Events – Event must be rescheduled or relocated.