



## Air Quality in MUSD

To determine if schedule changes are needed due to air quality, Manteca Unified School District follows the San Joaquin Valley Air Pollution Control District guidelines at [www.valleyair.org/myraan](http://www.valleyair.org/myraan). Below are the Real-time Outdoor Activity Risk (ROAR) Guidelines that principals use when making decisions about outdoor activities based on current air quality conditions.

### Real-time Outdoor Activity Risk (ROAR) Guidelines

|                                                     | Level 1                     | Level 2                                                                   | Level 3                                                                                                                                                                                  | Level 4                                                                                                                                                                | Level 5                                                      |
|-----------------------------------------------------|-----------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>Recess (15 minutes)</b>                          | Outdoor activity ok for all | 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>PE (1 hour)</b>                                  | Outdoor activity ok for all | 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 minutes. Sensitive individuals should remain indoors.                                         | No outdoor activity. All activities should be moved indoors. |
| <b>Athletic Practice &amp; Training (2-4 hours)</b> | Outdoor activity ok for all | Ensure that sensitive individuals are medically managing their condition. | Reduce vigorous exercise to 30 minutes 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 minutes 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>                    | Outdoor activity ok for all | 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>                                  | 1-12 µg/m3                  | 13-35 µg/m3                                                               | 36-55 µg/m3                                                                                                                                                                              | 56-75 µg/m3                                                                                                                                                            | >75 µg/m3                                                    |
| <b>Ozone Range</b>                                  | 1-59 ppb                    | 60-75 ppb                                                                 | 76-95 ppb                                                                                                                                                                                | 96-115 ppb                                                                                                                                                             | >115 ppb                                                     |

Source: San Joaquin Valley Air Pollution Control District [www.valleyair.org/myraan](http://www.valleyair.org/myraan)

For more information on MUSD's Inclement Weather Guidelines, visit: <https://www.mantecausd.net/weather>