

AIR QUALITY PROCEDURES

Notification

- A. The forecasted Air Quality Reading is a Forecast. When necessary, on days when the forecasted reading is at a Health Advisory (Red Flag), a real time call for Athletics will be made. For Athletics, a real time call will be made at 11:00 am 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 government air quality web site <http://www.valleyair.org> will be used to determine the real time conditions.

The real time call is made to ensure the safety of our students, as well as to ensure our students are not needlessly denied participation opportunities. There are times when air quality goes from an orange flag to a red flag, and there are times air quality goes from a red flag to an orange flag. For example, during the winter months, air quality is 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 is 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 Air Quality Index (AQI) and flag designation. 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 11:00 am a real time call will be made. The threshold for athletics is 170+ for middle and high school and 151+ 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.
- c. Outdoor Activities: The school principal or designee shall check district email frequently for notification from the Public Information Officer. The threshold for outside activities at the elementary level is 151+ for elementary. The elementary principal or designee of each school

shall ensure all recreational activities are conducted inside. Middle and high school are to follow Red Flag procedures on page 4.

Air Quality Index indicators

1. Green Flag (AQI<50)

- a. Regular school activities

(Particulate 2.5 range: 1-15 ug/m3; Ozone: 1-59 ppb)

2. Yellow Flag (AQI = 51-100; Moderate)

- a. Students and adults with history of extremely sensitive respiratory diseases, such as asthma, should consider limiting prolonged outdoor exertion.
- i. Recess (15 min)
 - 1. Insure that sensitive individuals are medically managing their condition.
 - ii. PE (1 hr)
 - 1. Insure that sensitive individuals are medically managing their condition.
 - iii. Athletic Practice and Training (2-4 hrs)
 - 1. Insure that sensitive individuals are medically managing their condition
 - iv. Scheduled Sporting Schedule
 - 1. Insure that sensitive individuals are medically managing their condition

(Particulate 2.5 range: 16-35 ug/m3; Ozone: 60-75 ppb)

3. Orange Flag (AQI = 101-150; Unhealthy for Sensitive Groups)

- a. Student and adults with respiratory diseases, such as asthma and heart disease, should not participate in any activity that would cause high levels of exertion. All other students and adults should limit outdoor activities.
- i. Recess (15 min)
 - 1. Sensitive individuals should exercise indoors or avoid vigorous outdoor activities
 - ii. PE (1 hr)
 - 1. Sensitive individuals should exercise indoors or avoid vigorous outdoor activities
 - iii. Athletic Practice and Training (2-4 hrs)
 - 1. Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions.
 - 2. Insure that sensitive individuals are medically managing their condition
 - iv. Scheduled Sporting Schedule
 - 1. Increased rest breaks and substitutions per CIF guidelines for extreme heat.

2. Insure that sensitive individuals are medically managing their condition

(Particulate 2.5 range: 36-55 ug/m3; Ozone: 76-95 ppb)

4. Red Flag (AQI = 151-200; Unhealthy Air Quality)

- i. Recess/Break
 1. Elementary schools
 - a. Exercise indoors
 2. Secondary schools
 - a. Exercise indoors or avoid vigorous outdoor activities
- ii. PE
 1. Elementary schools
 - a. Exercise indoors
 2. Secondary schools
 - a. Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes
- iii. Athletic Practice and Training
 1. Elementary schools
 - a. No practice
 2. Secondary schools (2-4 hrs)
 - a. Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions.
 - b. Insure that sensitive individuals are medically managing their condition
- iv. Scheduled Sporting Schedule
 1. Elementary schools
 - a. All games canceled.

(Particulate 2.5 range: > 56-75 ug/m3; Ozone: 96-115 ppb)

5. Purple Flag for 7-12th Athletics (AQI = 201-300; Health Advisory)

1. Elementary/Secondary schools
 - a. No outdoor activity
 - b. All activities to be moved indoors
2. Scheduled Sporting Schedule
 - a. For scheduled athletic events, games are to be canceled, pending actions below are taken;
 - i. Prior to any outdoor athletic game, an Air Quality Index read will be made to determine level.
 - ii. If the reading indicates Purple at the scheduled time of game, the game will be postponed one hour. A second reading will occur one hour later.
 - iii. If the second reading remains at a Purple, the game will be canceled.

6. AQI 300+

- a. AQI of 300+ will result in closing of the schools and all District offices as required in the State of California air pollution control regulations. Normally, a prediction of these condition will be made on the previous day.

Note: If there are various other environmental pollutants in the air that do not directly impact the Air Quality Index, Central Unified School District will cancel games, pending the severity of air quality.

HOT WEATHER PROCEDURE

By the nature of our weather, coaches should be well aware of the physical problems for their athletes when practices are conducted in hot weather. Hot weather practices causing heat illness to athletes is a major concern of the American College of Sports Medicine, the American Academy of Pediatrics, the National Trainers Association, the National Federation of High Schools and the Central Unified School District.

Many states have adopted Procedures and Policies on a statewide basis to deal with Hot Weather Practices/Games. The Procedures and Policies include limiting practice times, modifying practice and canceling practice/games. At this point in time, California has yet to adopt a Statewide Policy. For the safety of our student/athletes, the Central Unified School District has implemented the following procedures:

Stage 1: Forecast under 95 degrees	All Sports • Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. And, athletes should be able to get water when they feel the need. • Optional water breaks every 30 minutes for 10 minutes in duration. • Watch/monitor athletes carefully for necessary action.
Stage 2: Forecast from 95-99 degrees	All Sports • Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. And, athletes should be able to get water when they feel the need. • Mandatory water breaks every 30 minutes for 10 minutes in duration. • Watch/monitor athletes carefully for necessary action.

Stage 3: Forecast from 100-104 degrees	All Sports • Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. And, athletes should be able to get water when they feel the need. • Mandatory water breaks every 30 minutes for 10 minutes in duration. • Watch/monitor athletes carefully for necessary action. • Sites need to monitor their indoor gyms. Some gyms can become hotter than the outside temperature. If a site feels its gym has exceeded Stage 4 Heat, all practices and games should be canceled. • All sports: All Coaches need to be sensitive to heat related issues. ** If humidity is forecasted for 25%+ or if the day is muggy/humid, be prepared for a Stage 4 or 5
Stage 4: Forecast for 105+ degrees Schools should be prepared for a potential Air Quality Red Flag notification from the District Athletic Office. <u>A Red and/or Purple Flag issued for Air Quality means all practices, games and events are canceled.</u>	All Sports • No long distance running or strenuous conditioning/practice if Heat Index is 105 or greater. • Sites need to monitor their indoor gyms. Some gyms can become hotter than the outside temperature. If a site feels its gym has exceeded Stage 4 Heat, all practices and games should be canceled. • Frequent hydration whenever needed • Frequent shade breaks • If possible, practice after 7 pm. • All coaches need to be sensitive to heat related issues. **FOOTBALL: No pads if Heat Index is 105+
Stage 5: Heat Advisory is issues when heat index is 105 and night time heat index is above 80. Red Flag will be in effect.	All Sports • All games and practices canceled until Heat Advisory is lifted.

Precautions for Hot Weather Athletics

The main problem associated with exercising in hot weather is water loss through sweating. Water loss is best replaced by coaches allowing a “water as needed” policy. The athlete should be allowed water anytime he or she feels the need. **Coaches should make sure all athletes are taking in fluids.** In addition, the following precautions should be taken:

1. Physical examination with athlete's school health-history available to the examining physician. State high school associations recommendations should be followed with annual reference to heat stress.
2. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the physical condition of their athletes and gear their practice schedules accordingly.
3. **The acclimatization factor to heat is important.** It is the process of becoming adjusted to heat, and it is essential to provide for gradual acclimation of hot weather activities. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. It is fully recommended that our coaches wisely use spring practice time, the preconditioning week in August and pre-schedule practice with acclimatization well in mind.
4. The old idea that water should be withheld from athletes during workouts has no scientific foundation. **The most important safeguard to the health of the athlete is the replacement of water.** Iced water is preferable.
5. Know both the temperature and the humidity. The greater the humidity, the more difficult it is for the body to cool itself. Fresno, generally, has low humidity and that is a plus. But, our late summer and early fall usually have very high temperatures ~ we must be just as alert and preventative.
6. Cooling by evaporation is proportional to the area of skin exposed, in extremely hot weather; reduce the amount of covering on the body as much as possible. Never use rubberized clothing.
7. After strenuous practices, athletes should replace fluids. Water or sports drinks should be encouraged.
8. Athletes should weigh each day before and after practice and weight charts checked. Generally, a three percent weight loss is safe through sweating and over a three percent weight loss is in the danger zone. Compensate with a less rigorous workout in weather that is hot.
9. Watch your athletes carefully ~ particularly those who lose much weight, overweight athletes and the over-eager athlete. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak or rapid pulse, visual disturbance and unsteadiness.
10. Know what to do in case of such an emergency. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care including ambulance service.

Signs of Heat Illness

1. Heat cramps

Painful cramps and spasms of active muscles ~ most common in the calf muscles ~ caused by intense and prolonged exercise in the heat and depletions of water and salt due to sweating.

2. Heat Fatigue

Feelings of weakness and tiredness caused by depletions of water and salt due to sweating and exercise in the heat.

MEDICAL EMERGENCIES

HEAT EXHAUSTION

Heat exhaustion is one of the heat-related syndromes, which range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration and inadequate fluid intake. Signs and symptoms resemble those of shock and may include:

- Feeling faint
- Nausea
- Heavy Sweating
- Ashen appearance
- Rapid, weak heartbeat
- Low blood pressure
- Cool, moist skin
- Low-grade fever

HEAT EXHAUSTION: FIRST AID

- Get the person out of the sun and into a shady or air conditioned location
- Lay the person down and elevate the legs and feet slightly
- Loosen or remove the person's clothing
- Have the person drink cool water (not iced), or a sports drink containing electrolytes
- Cool the person by spraying or sponging him/her with cool water and fanning
- Monitor the person carefully. Heat exhaustion can quickly become heat stroke. **If fever greater than 102° F, fainting, confusion or seizures occur, dial 911 or call for emergency medical assistance.**

HEATSTROKE

Heatstroke is a life threatening medical emergency. What makes heatstroke much more severe and potentially life-threatening is that the body's normal mechanisms for dealing with heat stress (such as sweating and temperature control) are lost.

Below are some primary Heatstroke signs and symptoms:

Call 911 if the person has the following symptoms:

- Body temperature above 103° F
- Rapid pulse
- Reduced sweating
- Disorientation
- Unconsciousness
- Seizures
- Warm, red, dry skin

Heat Stroke Treatment

Call 911

- Heat stroke is a medical emergency. Seek immediate emergency care if you think someone might have heat stroke.

Lower Body Temperature Quickly While Waiting for Emergency Services to Arrive.

- Get the person into air conditioning if possible or out of the sun and into the shade.
- Spray the person with cool water, or apply cold wet clothes or ice packs to the armpits, and neck. Fan air across the person to increase cooling. These methods help cool the person quickly.
- Do not give the person anything to drink if the person is not alert or is vomiting.

Treat Symptoms

- If the person experiences seizures, keep him or her safe from injury.
- If the person vomits, turn the person on his or her side to keep the airway open.
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Follow Up

- At the hospital, health care providers will rehydrate the person and continue cooling as needed.