



TUSD AIR QUALITY POLICY

Air Quality Guidelines

- Coaches, staff, and administrators are expected to exercise good judgment in evaluating the appropriate activities given the current conditions and adjusting activities appropriately.

- Site administration needs to monitor conditions for all "away" athletic competitions and ensure these guidelines are being followed for our TUSD coaches, athletes, and staff. In consultation with the Business Services office, cancellation or postponement of start times based on hourly forecasts may be required.

- Should there be a possibility of canceling or postponing start times based on hourly forecasts, site administration needs to consult with the Assistant Superintendent of Business Services and, if determined, inform visiting teams as well as hosting teams for away competitions of our policy and potential cancellations or postponements by 11 AM the day of the competition.

- For athletic practices and competitions, Athletic Trainers, Athletic Directors, and/or Site Administrators are expected to monitor air quality on-site using the Purple Air monitors installed inside and outside each gymnasium at PHS, THS, DMS, and TJHS at the start, and every 30 minutes, during Orange, Red, and Purple air quality advisory periods. On-site Purple Air monitors are available here: https://map.purpleair.com/

- Vigorous activity is defined by the Centers for Disease Control as activities greater than 6.0 Metabolic Equivalent of Tasks (METS). Specific examples can be found at www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf

Air Quality Protocols

- ValleyAir.org issues the daily forecast and updated local air quality information.

- Prior to 11 AM, the TUSD Safety Office reviews forecasts and compares to current conditions. Any current condition other than GREEN or YELLOW is forwarded to:
  - Principal(s)
  - Assistant Principal(s)
  - Site Administrative Secretaries
  - Athletic Director(s)
  - Athletic Trainer(s)
  - District Communication Coordinator

- School Sites will implement the Color Code Alerts consistent with the San Joaquin Valley Air Pollution Control District Real-Time Outdoor Activity Risk ("ROAR") guidelines. Air quality conditions listed below and activity restrictions apply to indoor and outdoor spaces.

- Staff will be notified by site administration regarding any current condition color other than GREEN or YELLOW.

- The Safety Office will issue updates as they may occur throughout the day.

The Turlock Unified School District has implemented an Air Quality Alert Advisory System to monitor data regarding local air quality and to notify site administrators of conditions that could affect activities for students and staff. The administration monitors reports by ValleyAir.org, California Interscholastic Federation (CIF), and other reporting stations each day to determine the forecast and real-time air quality conditions. The District employs a 5-level color system to advise students and staff of the forecast and current conditions.

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TUSD AIR QUALITY POLICY

LEVEL 1 - GREEN

Air quality is "good" (Particulate Matter 1-12 µg/m3 or Ozone 1-59 ppb). All activities will be permitted for all students and staff.

LEVEL 2 - YELLOW

Air quality is "moderate" (Particulate Matter 13-35 µg/m3 or Ozone 60-75 ppb). All activities will be permitted for all students and staff while encouraging sensitive individuals to medically manage their condition.

LEVEL 3 - ORANGE

Air quality is "unhealthy for sensitive individuals" (Particulate Matter 36-55 µg/m3 or Ozone 76-95 ppb). All activities will be permitted for most students and staff. Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.

- PE and Recess – Recess and PE are allowed. Sensitive individuals should exercise indoors and avoid vigorous outdoor activities.
- Athletic Practice & Training – Review on-site indoor or outdoor (as applicable) Purple Air monitor and follow specific guidelines to the right.
- Athletic Competitions –Increase rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.

LEVEL 4 - RED

Air quality is "unhealthy for all" (Particulate Matter 56-75 µg/m3 or Ozone 96-115 ppb). Vigorous activities should be minimized. Sensitive individuals should remain indoors.

- PE and Recess – Recess should be conducted indoors or reduce vigorous outdoor activities. Vigorous PE activities should be limited to 15 minutes or less. Sensitive individuals should remain indoors and avoid all vigorous activities.
- Athletic Practice & Training – Review on-site indoor or outdoor (as applicable) Purple Air monitor and follow specific guidelines to the right.
- Athletic Competitions – Increase rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.

LEVEL 5 - PURPLE

Air quality is "very unhealthy for all" (Particulate Matter >75 µg/m3 or Ozone >115 ppb). No outdoor activities are permitted.

- No outdoor activities are allowed; all activities should be moved indoors.
- No indoor or outdoor vigorous activities are allowed.
- Athletics – Review on-site indoor or outdoor (as applicable) Purple Air monitor and follow specific guidelines to the right.
- The Superintendent may consider closing schools if conditions persist.

For more information:
https://www.turlock.k12.ca.us/our-district/safety/air-quality

Purple Air Monitor Policy for Athletics

PURPLE AIR MONITOR Green or Yellow (AQI .> 100)

- There are no restrictions on athletic practices or competitions.

PURPLE AIR MONITOR Orange (AQI 100-149)

- Athletic Practice & Training – Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Ensure sensitive individuals are medically managing their condition.
- Athletic Competitions – Increase rest breaks and substitutions. Ensure sensitive individuals are medically managing their condition.

PURPLE AIR MONITOR Red (AQI 150-199)

- Athletic Practice & Training – Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Ensure sensitive individuals are medically managing their condition.
- Athletic Competitions – Increase rest breaks and substitutions. Ensure sensitive individuals are medically managing their condition.

PURPLE AIR MONITOR Purple (AQI 200 or greater)

- Athletic competitions should be rescheduled until conditions allow or be relocated.







TUSD HEAT POLICY

Heat Guidelines

- Coaches, staff, and administrators are expected to exercise good judgment in evaluating the appropriate activities given the current conditions and adjusting activities appropriately.
- Water should always be available during practice and outdoor activities. Proper hydration is imperative during high heat conditions; this includes water activities such as swimming and water polo. Coaches, staff, and administration should encourage water consumption during each break.
- Sunscreen and appropriate clothing are highly encouraged in all situations.
- Site administration needs to monitor conditions for all "away" athletic competitions and ensure these guidelines are being followed for our TUSD coaches, athletes, and staff. In consultation with the Business Services office, cancellation or postponement of start times based on hourly forecasts may be required.
- Should there be a possibility of canceling or postponing start times based on hourly forecasts, site administration needs to consult with the Assistant Superintendent of Business Services and, if determined, inform visiting teams as well as hosting teams for away competitions of our policy and potential cancellations or postponements by 11 AM the day of the competition.
- For athletic practices and competitions, Athletic Trainers, Athletic Directors, and/or Site Administrators are expected to monitor Wet Bulb Globe Temperature ("WBGT") on-the-ground conditions using the Kestrel 5400 WBGT Heat Stress Tracker & Weather Meter at the start, and every 30 minutes, during Orange, Red, or Purple heat advisory periods.
- Vigorous activity is defined by the Centers for Disease Control as activities greater than 6.0 Metabolic Equivalent of Tasks (METS). Specific examples can be found at **www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf**

Heat Advisory Protocols

Each day the following process is used to advise school sites of heat conditions:

- Weather agencies issue the daily forecast.
- Prior to 11 AM, the Safety Office reviews the forecasts and compares to current condition. Any current condition other than GREEN or YELLOW is forwarded to the following: Principal(s), Assistant Principal(s), Site Administrative Secretaries, Athletic Director(s), Athletic Trainer(s), District Communication Coordinator.
- School Sites will implement the Color Code Alerts as indicated below. Temperature conditions listed below and activity restrictions apply to outdoor and un-conditioned indoor spaces.
- Staff and students will be notified by site administration regarding any current condition color other than GREEN or YELLOW.
- The Safety Office will issue updates as they may occur that day.

The Turlock Unified School District has implemented a Heat Advisory System to monitor data regarding extreme heat and to notify site administrators of conditions that could affect activities for students and staff. The administration monitors reports by The Weather Channel and other reporting agencies each day to determine the forecast and real-time heat conditions. The District employs a 5-level color system to advise students and staff of the forecast and current conditions.

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TUSD HEAT POLICY

LEVEL 1 - GREEN
The temperature is "good" (temperature and heat index below 85 degrees is considered healthy for everyone). Outdoor and un-conditioned indoor activities will be permitted for all students and staff.

LEVEL 2 - YELLOW
The temperature is "moderate" (temperature or heat index between 86-89 degrees is potentially unhealthy). Fatigue is possible with prolonged exposure and physical activity. Outdoor and un-conditioned indoor activities will be permitted for all students and staff. Adequate water supply should be provided at all practices and competitions with breaks every 20-30 minutes for rehydration.

LEVEL 3 - ORANGE
The temperature is "acute" (temperature or heat index between 90-94 degrees is potentially unhealthy). Sunstroke, heat cramps and heat exhaustion are possible. Frequent breaks from physical activities should occur on orange days. Individuals should seek shade and water during breaks.

- Non-Athletic Activities – A 5-minute break every 30 minutes (in the shade if possible) must be included. Total outdoor and un-conditioned indoor activities should not exceed 2 hours.
- Athletics – Measure WBGT and follow specific WBGT guidelines .

LEVEL 4 - RED
The temperature is "severe" (temperature or heat index between 95-104 degrees is unhealthy). Sunstroke, heat cramps, and heat exhaustion are likely; heat stroke is possible. On red days, individuals should limit outdoor and un-conditioned indoor activities; alternative indoor activities will be made available in conditioned spaces for all students. Frequent breaks from physical activities should occur on red days. Individuals should seek shade and water during breaks.

For temperature or heat index of 95 to 99 degrees:

- Non-Athletic Activities – Grass fields are preferred for all outdoor activities. A 5-minute break every 20 minutes (in the shade if possible) must be included. Total outdoor and un-conditioned indoor activities should not exceed 2 hours.
- Athletics – Measure WBGT and follow specific WBGT guidelines.

For temperature or heat index of 100 to 104 degrees:

- Non-Athletic Activities – Grass fields are required for all outdoor activities. Vigorous activities should be eliminated. A 5-minute break every 20 minutes (in the shade if possible) must be included. Total outdoor and un-conditioned indoor activities should not exceed 1 hour.
- Athletics – Measure WBGT and follow specific WBGT guidelines.

LEVEL 5 - PURPLE
The temperature is "extreme" (temperature or heat index of 105 degrees or above is unhealthy). Sunstroke, heat cramps, and heat exhaustion is likely to occur. Heat stroke is highly likely with continued exposure. On purple days, individuals should avoid outdoor and un-conditioned indoor activities; alternative indoor activities will be made available in conditioned spaces for all students. Frequent breaks from physical activities should occur on purple days. Individuals should seek shade and water during breaks.

- Non-Athletic Activities – All outdoor and un-conditioned indoor activities should be canceled or postponed until conditions allow.
- Athletics – Measure WBGT and follow specific WBGT guidelines.

For more information:
https://www.turlock.k12.ca.us/our-district/safety/heat-guidelines

WGBT POLICY FOR ATHLETICS

WBGT 87–89.9 Degrees

- All Athletic Activities – A 5-minute break every 30 minutes (in the shade if possible) must be included. Total outdoor and un-conditioned indoor activities should not exceed 2 hours.
- Cross Country - Runners should run a course where all athletes can be viewed by a coach at all times, preferably on campus.
- Football – Full pads allowed with helmets off during breaks.

WBGT 90–90.9 Degrees

- All Athletic Activities – Grass fields are preferred for all outdoor activities. A 5-minute break every 20 minutes (in the shade if possible) must be included. Total outdoor or un-conditioned indoor activities should not exceed 2 hours.
- Cross Country - Runners should run a course where all athletes can be viewed by a coach at all times, preferably on campus.
- Football – Full pads allowed with helmets off during breaks.
- Tennis – Modified practice or appropriate skill building exercises should be held on grass fields or in conditioned indoor spaces.

WBGT 91–91.9 Degrees

Middle School Athletics

- All outdoor or un-conditioned indoor activities, including athletic competitions, should be canceled or postponed

High School Athletics

- All Athletic Activities – No practice on artificial turf fields, blacktop, or tennis courts. A 5-minute break every 15 minutes (in the shade if possible) must be included. Total outdoor or un-conditioned indoor activities should not exceed 1.5 hours preferably on campus.
- Cross Country - Runners must run a course where all athletes can be viewed by a coach at all times, preferably on campus.
- Football - T-shirts, shorts and helmets only for practice with helmets off during breaks. Increased breaks and substitutions for competitions.
- Tennis – Modified practice or appropriate skill building exercises should be held on grass fields or in a conditioned indoor space.

WBGT Equal to or Above 92 Degrees

- All Athletic Activities – All outdoor and un-conditioned indoor activities, including athletic competitions, should be canceled or postponed until conditions allow.

TUSD LIGHTNING GUIDELINES





The Turlock Unified School District ("TUSD") has implemented a Lightning Advisory System to monitor data regarding lightning strikes and to notify site administrators of conditions that could affect activities for students and staff. The administration monitors reports by WeatherBug.com and other reporting stations each day to determine the forecast and real-time lightning strikes. The District employs a 5-level color system to advise students and staff of the forecast and current conditions as follows:

LEVEL 1 - GREEN

No nearby storms, no threat of acclimate weather. Outdoor activities are permitted.

LEVEL 2 - YELLOW

Nearby storms, threat of acclimate weather, no lightning strikes within 30 miles. Outdoor activities are permitted.

LEVEL 3 - ORANGE

Lightning strikes within 20-30 miles. Coaches, staff, and administrators should exercise good judgment in evaluating appropriate activities given current conditions.

LEVEL 4 - RED

Lightning strikes within 10-20 miles. Coaches, staff, and administrators should increase monitoring of lightning strikes at weatherbug.com/alerts/spark. Preparations should be made to move indoors, including public announcements for all public events to inform participants of potential lightning strikes.

LEVEL 5 - PURPLE

Lightning strikes within 10 miles. Individuals should move to safe location as per site specific plans. Individuals must remain indoors for at least 30 minutes after the last lightning strike within 10 miles. During this time, supervised pickup/drop off, lunch & restroom visits allowed. Extended lightning protocols: Lightning strikes within 5 miles for at least 10 minutes, remain indoors for at least 30 minutes after last lightning strike

LIGHTNING GUIDELINES

- Coaches, staff, and administrators are expected to exercise good judgment in evaluating the appropriate activities given the current conditions and adjusting activities appropriately.
- Site administration needs to monitor conditions for all "away" athletic competitions and ensure these guidelines are being followed for our TUSD coaches, athletes, and staff. In consultation with the Business Services office, cancellation or postponement of start times based on hourly forecasts may be required.
- Should there be a possibility of canceling or postponing start times based on hourly forecasts, site administration needs to consult with the Assistant Superintendent of Business Services and, if determined, inform visiting teams as well as hosting teams for away competitions of our policy and potential cancellations or postponements by 11 AM the day of the competition.

LIGHTNING PROTOCOLS

Each day the following protocols are used to monitor and advise school sites of weather conditions:

1. WeatherBug.Com issues the daily forecast.

2. Prior to 11 AM, the Safety Office reviews forecasts and compares to current conditions. Any current condition other than GREEN or YELLOW is forwarded to:
   - Principal(s)
   - Assistant Principal(s)
   - Site Administrative Secretaries
   - Athletic Director(s)
   - Athletic Trainer(s)
   - District Communication Coordinator

3. School sites will implement the Color Code Alerts as indicated below. Lightning conditions listed to the left and activity restrictions apply to all outdoor activities.

4. Staff will be notified by site administration regarding any current condition color other than GREEN or YELLOW.

5. The Safety Office will issue updates as they may occur throughout the day.

For more information:
https://www.turlock.k12.ca.us/our-district/safety/lightning-guidelines