

CENTRAL UNIFIED SCHOOL DISTRICT - *Superintendent's Office*
MEMORANDUM

TO: *Principals and Athletic Directors: Please notify all teachers and coaches to follow the health cautionary statements below:*

FROM: Sonja Dosti, Communications & Public Relations Officer

SUBJECT: **Air Quality – RAAN Level 4*** **Heat Index – 100-104 degrees**

Questions may be directed to Daren Pittman at 276-0280 ext. 50107

1. Level 4 (Red/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 Sports

1. Elementary schools

- a. All outdoor games canceled.**

- b. All indoor games continue as scheduled unless stated otherwise.**

2. Secondary schools

- a. All outdoor games still scheduled have increased rest breaks and substitutions.**

- b. All indoor games continue as scheduled unless stated otherwise.**

****Real-Time Air Advisory Network Level 4 –
Particulate Matter 2.5 range: 56-75 ug/m³; Ozone 96-115 ppb.***

HEAT INDEX: 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