LAKE ELSINORE UNIFIED SCHOOL DISTRICT

CIF SPORTS MEDICINE ADVISORY COMMITTEE STATEMENT ON AIR QUALITY AND SPORT PARTICIPATION

AQI Reading	Level	PM 2.5	Health Recommendation
0-50	**Good**	0-12.0	Air quality is satisfactory and poses little or no risk.
51-100	**Moderate**	12.1-35.4	Sensitive individuals should avoid outdoor activity as they may experience respiratory symptoms.
101-150	**Unhealthy for Sensitive Groups**	35.5-55.4	General public and sensitive individuals in particular are at risk to experience irritation and respiratory problems.
151-200	**Unhealthy** *No outdoor activity.*	55.5-150.4	Increased likelihood of adverse effects and aggravation to the heart and lungs among general public.
201-300	**Very Unhealthy** *No outdoor activity.*	150.5-250.4	General public will be noticeably affected. Sensitive groups should restrict outdoor activities.
301+	**Hazardous** *No outdoor activity.*	250.5+	General public at high risk of experiencing strong irritations and adverse health effects. Should avoid outdoor activities.

Sensitive Groups: Heat combined with air pollution, and sometimes heat alone, can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms. If symptoms occur: The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

References: (1) Air Quality Position Statement. NCAA Sports Science Institute, Sept 2018, (2) NFHS Position Statement on Physical Activity, Air Quality, and Wildfires, April 2019, (3) CIF North Coast Section. Air Quality Index Rules, Bylaw 1003H., (4) US Environmental Protection Agency. Air Now website www.airnow.gov, & (5) CIF Sports Medicine Advisory Committee Statement on Air Quality and Sport Participation document [10/19/2023].