

# Outdoor Activity & Air Quality Guidelines for Schools and Child Care Facilities

| Health Effect Category                           | Good           | Moderate                                                      | Unhealthy for sensitive groups*                                                                                                                                                                                                                                                                                                 | Unhealthy                                                                                                                                                                | Very Unhealthy/ Hazardous                                                                                                          |
|--------------------------------------------------|----------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Visibility (miles)                               | 13+            | 9-13                                                          | 5-9                                                                                                                                                                                                                                                                                                                             | 2-5                                                                                                                                                                      | Less than 2                                                                                                                        |
| Air Quality Index (AQI)                          | 0-50           | 51 - 100                                                      | 101 - 150                                                                                                                                                                                                                                                                                                                       | 151 - 200                                                                                                                                                                | 201 +                                                                                                                              |
| Recess or Other Outdoor Activity (15-30 minutes) | No limitations | No limitations                                                | Keep students with chronic lung or heart conditions indoors. Make indoor space available for all children to be active, especially young children.                                                                                                                                                                              | Keep all students indoors and limit students to light or moderate activities.                                                                                            | Keep all students indoors and limit students to light activities.                                                                  |
| Physical Education Class (1 hour)                | No limitations | Monitor sensitive groups and limit their vigorous activities. | Keep students with chronic lung or heart conditions indoors. Limit these students to light activities.<br><br>Make indoor space available for all students to be active, especially young children. If outdoors, limit students to light or moderate activities.                                                                | Conduct P.E. classes in an indoor environment with good air quality and limit students to light or moderate activities.                                                  | Conduct P.E. classes in an indoor environment with good air quality and limit students to light activities.                        |
| Athletic Events and Practices (2-4 hours)        | No limitations | Monitor sensitive groups and limit their vigorous activities. | Students with chronic lung or heart conditions should abstain from outdoor practices and events based on the severity of their condition and sensitivity to smoke.<br><br>Consider moving practice and events indoors. If events are not cancelled, increase rest periods and substitutions to allow for lower breathing rates. | Reschedule events or relocate to an area with good air quality. Conduct practices in an indoor environment with good air quality and limit students to light activities. | Reschedule/cancel events. Conduct practices in an indoor environment with good air quality and limit students to light activities. |