

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: Communications & Public Relations Officer

SUBJECT: Air Quality Forecast – **RAAN LEVEL 3*** Heat Index – **None**

1. Level 3 (Orange/Unhealthy for Sensitive Groups)

- a. Student and adults with respiratory diseases, like 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. Ensure that sensitive individuals are medically managing their condition
 - iv. Scheduled Sports
 - 1. Increased rest breaks and substitutions per CIF guidelines for extreme heat.
 - 2. Ensure that sensitive individuals are medically managing their condition

****Real-Time Air Advisory Network Level 3 –
Particulate Matter 2.5 range: 36-55 ug/m3; Ozone 76-95 ppb.***

HEAT INDEX: None