

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 – **RAAN LEVEL 3*** Heat Index — **105+ degrees**

Schools should be prepared for a **potential Air Quality Red Level notification** from the District Athletic Office.

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. Insure that sensitive individuals are medically managing their condition
 - iv. Scheduled Sports
 - 1. Increased rest breaks and substitutions per CIF guidelines for extreme heat.
 - 2. Insure 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: 105+ degrees

All Sports

- No long distance running or strenuous conditioning/practice if Heat Index is 105 or greater.
- 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.
- Frequent hydration whenever needed
- Frequent shade breaks
- If possible, practice after 7 p.m.
- All coaches need to be sensitive to heat related issues.

****FOOTBALL: No pads if Heat Index is 105+**