School Air Quality Activity Recommendations

Air quality is an important consideration for schools in terms of student activities. To check air quality in your area, visit AirNow or Bay Area Quality Management District.



Air Quality Level (AQI)

Activity	GREEN (0-50) Level 1 GOOD	YELLOW (51-100) Level 2 MODERATE	ORANGE (101-150) Level 3 UNHEALTHY FOR SENSITIVE INDIVIDUALS*	RED (151-200) Level 4 UNHEALTHY Shelter in Place	PURPLE (201-300) Level 4 VERY UNHEALTHY Shelter in Place
Recess	No restrictions	For students with lung or heart conditions, monitor conditions and consider moving to indoor recess as needed.	Exercise indoors or avoid vigorous outdoor activities.	No outdoor activity. All activities should be moved indoors.	No outdoor activity. All activities should be moved indoors.
P.E.	No restrictions	For students with lung or heart conditions, consider accommodations or moving PE inside.	Exercise indoors or avoid vigorous outdoor activities.	No outdoor activity. All activities should be moved indoors.	No outdoor activity. All activities should be moved indoors.
Athletic Practice and Training	No restrictions	For students with lung or heart conditions, monitor health and accommodate appropriately.	Exercise indoors or avoid vigorous outdoor activities.	No outdoor activity. All activities should be moved indoors.	No outdoor activity. All activities should be moved indoors.
Scheduled Sporting Events	No restrictions	Monitor students' health and conditions and adjust as needed.	Hold event indoors or avoid vigorous outdoor activities.	Reschedule or relocate the activity, or move it indoors.	Reschedule or relocate the activity, or move it indoors.

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**Sensitive Individuals include all children. All children are considered sensitive to the health effects of air pollution, including wildfire smoke, because their lungs and immune systems are still developing.*

To meet the conditions for approval of a waiver due to emergency conditions (form J-13A) from the State Superintendent of Public Instruction, poor air quality must be shown to be caused by an emergency event such as a wildfire.

Information Provided by the California Department of Education and the California Department of Public Health

The Big Five

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