

Attachment 1
Guidelines for Outdoor Physical Activity – Heat

WBGT or Heat Index	Outdoor Activity Guidance
1) Level 0 2) Little to no risk 3) WBGT Index: under 76.1 4) Heat Index: under 80	1) Normal Activities 2) Provide at least three separate rest breaks each hour of athletic practice with a minimum duration of three minutes each during the workout.
1) Level 1 2) Low risk for sensitive groups 3) WBGT Index: 76.3 to 81.0 4) Heat Index: 80 to 89.9	1) Light to moderate activity / Recess/Lunch activity/PE Class. a) Encourage increased hydration, b) Encourage activities in shade when the sun is strongest. 2) Use discretion for intense or prolonged exercise 3) Provide at least three separate rest breaks each hour with a minimum duration of four minutes each.
1) Level 2 2) Moderate risk 3) WBGT Index: 81.1 to 84.0 4) Heat Index: 90 to 99.9	1) Light to moderate activity / Recess/Lunch activity/PE Class a) Encourage increased hydration, b) Reduce time in sun between 10:00 a.m. and 4:00 p.m., if feasible, c) Check playground equipment for hot surfaces. 2) All Athletic Activities a) Maximum outdoor practice time is two hours. b) Provide at least four separate rest breaks each hour with a minimum duration of four minutes. 3) Football and Field Hockey a) Players are restricted to helmet, shoulder pads, and shorts during practice. (1) Exception: If the Heat Index rises to this level during practice, football players may continue to work out wearing football pants without changing to shorts. b) Note: Football players have additional restrictions pursuant to California Education Code section 35179.5.
1) Level 3 2) High risk 3) WBGT Index: 84.2 to 86.0 4) Heat Index: 100 to 109.9	1) Light to moderate activity / Recess/Lunch activity/PE Class. a) Encourage increased hydration b) Avoid time in sun between 10:00 a.m. and 4:00 p.m., c) Discourage running, jumping and other high energy activities, d) Check playground equipment for hot surfaces. 2) Athletic contests are permitted with additional hydration breaks. a) Maximum practice time is 1 hour. b) There should be 20 minutes of rest/water breaks distributed throughout the hour of practice c) No protective equipment may be worn during practice. d) There may be no conditioning activities.

WBGT or Heat Index	Outdoor Activity Guidance
1) Level 4 2) Very high risk 3) WBGT Index: over 86.2 4) Heat Index: over 110	1) Light to moderate activity / Recess/Lunch activity/PE Class. a) Stop all outside activity. b) Move activities indoors, if feasible. 2) No Outdoor workouts/contests. 3) Delay practice/competitions until a cooler WBGT is reached. 4) Alternative indoor activities a) Practice indoors if air conditioning is available. b) Other indoor activities: (1) Walk-through: (a) Reviewing positional strategy and rehearsing plays or choreography (b) Involves only walking. (2) Weight training in an indoor air-conditioned location, (3) Film study, (4) Other meetings. c) Stop indoor activity if air conditioning is not available.

Attachment 2
Guidelines for Outdoor Physical Activity – Flood

Type of Warning	Outdoor Activity Guidance
Flash Flood Warning Take Action!	A Flash Flood Warning is issued when a flash flood is imminent or occurring. If you are in a flood prone area move immediately to high ground. A flash flood is a sudden violent flood that can take from minutes to hours to develop. It is even possible to experience a flash flood in areas not immediately receiving rain. 1. Move immediately to the highest level of a building or higher ground. 2. Evacuate if ordered. 3. Stay away from flood-prone locations
Flood Warning Take Action!	A Flood Warning is issued when the hazardous weather event is imminent or already happening. A Flood Warning is issued when flooding is imminent or occurring. 1. Move immediately to the highest level of a building or higher ground. 2. Evacuate if ordered. 3. Stay away from flood-prone locations
Flood Advisory Be Aware	A Flood Advisory is issued when a specific weather event that is forecast to occur may become a nuisance. A Flood Advisory is issued when flooding is not expected to be bad enough to issue a warning. However, it may cause significant inconvenience, and if caution is not exercised, it could lead to situations that may threaten life and/or property. 1. Monitor local weather forecasts, television, or radio for updates. 2. Stay away from flood-prone locations 3. Move vehicles, outdoor equipment, and valuable items to higher ground 4. Prepare to evacuate.
Flood Watch Be Prepared	A Flood Watch is issued when conditions are favorable for a specific hazardous weather event to occur. A Flood Watch is issued when conditions are favorable for flooding. It does not mean flooding will occur, but it is possible. 1. This is the time to start thinking about the plan of action and where to go if the water begins to rise.

Attachment 3
Guidelines for Outdoor Physical Activity – Air Quality

Air Quality Index	Outdoor Activity Guidance
1) Good 2) AQI or Purple Air: 1 to 50	1) Great day to be active outside! 2) No restrictions.
1) Moderate 2) AQI or Purple Air: 51 to 100  	1) Good day to be active outside. 2) Students who are unusually sensitive to air pollution could have symptoms. a) Air pollution can make asthma symptoms worse and trigger asthma attacks. 3) Ensure sensitive students are medically managing their condition.
1) Unhealthy for sensitive groups 2) AQI or Purple air: 101 to 150	1) Acceptable to be active outside, especially for short activities such as recess and physical education class a) Students who are sensitive to air pollution should exercise indoors or avoid vigorous activities. 2) For longer activities , such as athletic practice or extracurricular activities, take more breaks and do less intense activities. a) Athletic Practice/Extracurricular Activities: reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. b) Scheduled Athletic Events: increase rest breaks and substitutions consistent with CIF guidelines for extreme heat. 3) Students with asthma should have and follow their asthma action plans and keep their quick-relief medicine available. 4) Ensure other sensitive students are medically managing their condition.
1) Red 2) Unhealthy 3) AQI or Purple Air: 151 to 200	1) For all outdoor activities , take more breaks and do less intense activities. a) Sensitive students should remain indoors. 2) Consider moving longer or more intense activities indoors or rescheduling them to another day or time. a) Recess and PE: exercise indoors, avoid vigorous outdoor activities, or limit vigorous outdoor activities to a maximum of 15 minutes. b) All CIF member schools must refrain from outdoor practice and/or competition when the Air Quality Index is 151 or higher. 3) Watch for symptoms and act as needed. 4) Students with asthma should have and follow their asthma action plans and keep their quick-relief medicine available. 5) Ensure other sensitive students are medically managing their condition.
1) Purple 2) Very Unhealthy 3) AQI or Purple Air: over 200	1) Move all activities inside or reschedule activities to another day. 2) Scheduled Athletic Events should be rescheduled or relocated.

Attachment 4
First Aid – Heat Advisory and Air Quality

What to Look For	What to Do
Dehydration	
1) Extreme thirst, less frequent urination, dark-colored urine, fatigue, dizziness, confusion	1) Replace lost fluids and electrolytes. - Cool water is best, - Sports drinks containing electrolytes and a carbohydrate solution may also be helpful, 2) Seek medical attention for severely dehydrated students.
Heat Rash	
1) Red clusters of pimples or small blisters	1) Move to a cooler, less humid environment, if possible. 2) Keep rash area dry. 3) Provide or apply powder to increase comfort. Do not use ointments or creams.
Sunburn	
1) Red, warm, and tender skin; swelling, blistering; headache; fever; nausea; fatigue. The pain from sunburn is worse 6-48 hours after sun exposure. Skin peeling usually begins 3-8 days after exposure.	1) General - Drinking plenty of water helps to replace fluid loss, - Gentle application of cool wet cloths on the burned area, - Application of a topical moisturizing cream, aloe, or 1% hydrocortisone cream, 2) If blistering occurs: - Lightly bandage or cover the area with gauze to prevent infection, - Blisters should not be broken, as this will slow the healing process and increase the risk of infection, - When the blisters break and the skin peels, dried fragments may be removed, and an antiseptic ointment or hydrocortisone cream may be applied. 3) Seek medical attention if any of the following occur: - Severe sunburns covering more than 15% of the body, - Severe dehydration, - High fever, >101°F, - Extreme pain that persists longer than 48 hours.
Heat/Muscle Cramps	
1) Cramps, pain, or spasms in the abdomen, arms, or legs. 2) Refer to CIF Rule 503 K.	1) Drink water and have a snack or a drink that replaces carbohydrates and electrolytes, such as a sports drink, every 15 to 20 minutes. 2) Avoid salt tablets. 3) Seek medical attention if any of the following occur: - Cramps that do not subside within 1 hour, - Frequently recurrent cramps, - Any other signs and symptoms of heat illness exist alongside muscle cramps.
Heat Syncope (Fainting)	
1) Fainting, dizziness, light headedness while standing or suddenly rising from a sitting or lying position. 2) Refer to California Education Code 33479.5 and CIF Rule 503 J.	1) Sit or lie down in a cool place. 2) If conscious, slowly drink water, clear juice, or a sports drink. 3) Remove student from participation for the remainder of the day. 4) Seek medical attention: Medical clearance is required to return to play.

What to Look For	What to Do
Heat Exhaustion	
1) Headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating, elevated body temperature, decreased urine output. 2) Refer to Education Code section 35179.8 3) Refer to CIF Rule 503 K.	1) Remove the student from the hot area and give liquids to drink. a) Encourage frequent sips. 2) Remove proactive gear, shoes, and socks. 3) Cool the student with cold compresses or have the student wash their head, face, and neck with cold water. 4) Institute whole-body cooling to treat a student-athlete with exertional heat illness that is easily accessible at all practice and contest venues 5) Seek medical attention: a) If parents are immediately available, parents can take student to a clinic or emergency room, b) Call 911 if parents are not immediately available, c) Stay with the student until help arrives. d) Medical clearance is required to return to play. (1) Exception: muscle cramps
Heat Stroke	
1) Hot, dry skin; very high body temperature, confusion, altered mental status, slurred speech; seizures, loss of consciousness 2) Fatal if treatment is delayed. 3) Refer to Education Code section 35179.8 4) Refer to CIF Rule 503 K.	1) Move the student to a shaded, cool area. 2) Remove proactive gear, shoes, and socks. 3) Cool quickly using the following methods: a) Institute whole-body cooling to treat a student-athlete with exertional heat illness that is easily accessible at all practice and contest venues, b) Place the student-athlete in cold water or ice bath, c) Wet the skin or place cold wet cloths on the skin, d) Soak clothing with cool water, e) Circulate air around the student to speed cooling. 4) Seek medical attention: a) Always call 911 for emergency care, b) Stay with the student until emergency medical services arrives. c) Medical clearance is required to return to play. (1) Exception: muscle cramps
Air Contaminants	
1) Coughing, wheezing, difficulty breathing. 2) Students with asthma may also experience chest tightness.	1) Take a break from activity, change to a less intense activity, stop all activity, go indoors. 2) For students with asthma, use quick-relief medicine as prescribed. 3) Seek medical attention if symptoms do not improve. 4) Call 9-1-1 (Emergency Medical Services) if: a) Rapid worsening of shortness of breath or very loud wheezing, b) Difficulty speaking in full sentences, c) No improvement even after using a quick-relief inhaler, d) Lips, tongue, or nail beds turning blue, e) Decreased level of consciousness.