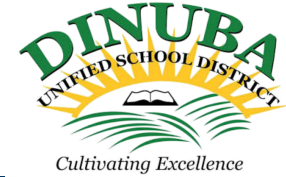




DINUBA UNIFIED SCHOOL DISTRICT

WET BULB GLOBE TEMPERATURE (WBGT)

OUTDOOR ACTIVITY GUIDELINES



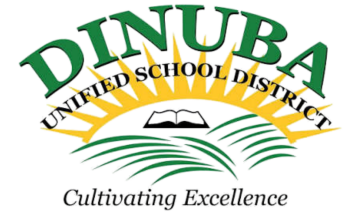
WBGT Reading	Level	Recess	PE	Athletics
≤ 82.1	Normal	No modifications needed	No modifications needed	No modifications needed
82.2 - 87.0	Moderate	Monitor students with sensitive conditions and have access to inhalers.	Standard PE activities may proceed as planned. Ensure regular water breaks and monitor students for signs of heat-related issues.	Use discretion for intense or prolonged exercise. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
87.1 - 90.0	Caution	Normal outdoor activities are appropriate. Prioritize hydration and closely monitor students for heat-related symptoms.	Standard PE activities may proceed as planned. Ensure regular water breaks and monitor students for signs of heat-related issues.	Maximum outdoor practice time is two hours. Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each. For football: players are restricted to helmet, shoulder pads and shorts during practice. If the WBGT rises to this level during practice, players may continue to practice wearing full pads without changing to shorts. Monitor for signs of heat-related issues.
90.1 - 92.0	High	Outdoor activities should only require light physical exertion. Indoor activity is recommended if available. Prioritize hydration and closely monitor students for heat-related symptoms.	Exercise should be moved indoors. If outdoor PE cannot be avoided, limit vigorous activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.	Outdoor contests are permitted with additional hydration breaks. Maximum outdoor practice time is one hour. No protective equipment may be worn during practice and there may be no strenuous conditioning activities. There must be 20 minutes of rest breaks distributed throughout the hour of practice.
≥ 92.1	Extreme	All outdoor recess must be conducted indoors with continuous hydration and cooling measures in place.	All PE classes must be held indoors and only include low-intensity activities. Ensure frequent hydration and cooling opportunities.	No outdoor workouts/contests. Delay practice/competitions until a cooler WBGT is reached



DINUBA UNIFIED SCHOOL DISTRICT

AIR QUALITY INDEX (AQI)

OUTDOOR ACTIVITY GUIDELINES



AQI Reading	Level	Activity
0 - 50	Normal	Air Quality is satisfactory, and air pollution poses little or no risk.
51-100	Moderate	Sensitive individuals may experience respiratory symptoms. Monitor students with sensitive conditions and have access to inhalers.
101 - 150	Unhealthy for Sensitive Groups	General public and sensitive individuals in particular are at risk and may experience respiratory issues. Avoid vigorous outdoor activities. Hold events indoors if possible
151 - 200	Unhealthy	Increased likelihood of adverse effects and aggravation to the heart and lungs among general public. Avoid vigorous outdoor activities. Hold events indoors if possible
201 - 300	Very Unhealthy	No outdoor activities. All activities should be moved indoors.
301+	Hazardous	No outdoor activities. All activities should be moved indoors.