



**NOTE:** Districts may close schools during events with lower AQI levels based upon factors like temperature, power outages, evacuations, COVID-19 mitigation, etc.

| U.S. Environmental Protection Agency (EPA) Guidelines |  |   | School District Actions |  |                                 |   |   |  |   |   |
|---|--|---|-------------------------|--|---------------------------------|---|---|--|---|---|
| Air Quality Index Rating                              | Individuals Affected   | Recommended Actions   | Schools In Session?     | Schools Closures Happen Within the School Day  | Student Absences Marked Excused | Outdoor Recess/Lunch  | Physical Education  | Athletic Practice/ Training  | Scheduled Sporting Events   | Staff Working?  |
| <b>Good</b><br>0-50                                   |  | It's a great day to be active outside.  | <b>YES</b>              | <b>NO</b>  | <b>NO</b>                       | <b>YES</b> - Held as regularly scheduled  | <b>YES</b> - Held as regularly scheduled  | <b>YES</b> - Held as regularly scheduled   | <b>YES</b> - Held as regularly scheduled  | <b>YES</b>  |
| <b>Moderate</b><br>51-100                             | Some people who may be unusually sensitive to particulate pollution.                                     | <b>Unusually sensitive people:</b> Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.<br><b>Everyone else:</b> It's a good day to be active outside.   | <b>YES</b>              | <b>NO</b>  | <b>YES</b>                      | <b>YES</b> - Held as regularly scheduled. Sensitive individuals may need to stay indoors or medically manage their condition.                                       | <b>YES</b> - Held as regularly scheduled. Sensitive individuals may need to stay indoors or medically manage their condition. | <b>YES</b> - Held as regularly scheduled. Sensitive individuals may need to stay indoors or medically manage their condition.                          | <b>YES</b> - Held as regularly scheduled. Sensitive individuals may need to stay indoors or medically manage their condition.   | <b>YES</b>  |
| <b>Unhealthy for Sensitive Groups</b><br>101-150      | Sensitive groups include <b>people with heart or lung disease, older adults, children and teenagers.</b> | <b>Sensitive groups:</b> Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath. <b>People with asthma</b> should follow their asthma action plans and keep quick relief medicine handy. If you have <b>heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider. | <b>YES</b>              | <b>NO</b>  | <b>YES</b>                      | <b>OPTIONAL for TK-12</b><br>Avoid prolonged and or vigorous outdoor activities. Indoor and outdoor lunch offered with COVID-19 mitigation and distancing in place. | <b>YES</b><br>Exercise indoors. Reduce vigorous exercise to 30 min per hour.  | <b>YES</b><br>Exercise indoors if possible. Reduce vigorous exercise to 30 min per hour of practice time with increased rest breaks and substitutions. | <b>YES</b><br>Indoor and Outdoor events are permitted. Follow CIF guidelines for extreme heat and NCAA guidelines for AQI. Increase rest breaks and substitutions. Closely monitor all athletes. Sensitive individuals should abstain from exertion.                  | <b>YES</b><br>Staff working outdoors should modify intensity and limit outdoor exposure   |
| <b>Unhealthy</b><br>151-200                           | <b>Everyone</b>  | <b>Sensitive groups:</b> Avoid prolonged or heavy exertion. Move activities indoors or reschedule to a time when the air quality is better. <b>Everyone else:</b> Reduce prolonged or heavy exertion. Take more breaks during all outdoor activities.   | <b>YES</b>              | <b>NO</b>  | <b>YES</b>                      | <b>NO OR MODIFIED</b><br>Lunch indoors when feasible. Shortened outdoor lunch may be implemented. COVID-19 mitigation and distancing practices to be followed.      | <b>NO</b> - No outdoor activity. Reduce vigorous exercise to 30 min per hour.   | <b>NO</b> - No outdoor activity. Reduce vigorous exercise to 30 min per hour.  | <b>NO</b> - Outdoor Events<br><b>YES</b> - Indoor sports are permitted. Follow CIF guidelines for extreme heat and NCAA guidelines for AQI. Increase rest breaks and substitutions. Closely monitor all athletes. Sensitive individuals should abstain from exertion. | <b>YES</b><br>All staff must work indoors and limit physical activity.  |
| <b>Very Unhealthy</b><br>201-300                      | <b>Everyone</b>  | <b>Sensitive groups:</b> Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.<br><b>Everyone else:</b> Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.   | <b>NO</b>               | <b>POSSIBLE</b> - If AQI increases within the school day to <i>Very Unhealthy</i> levels, parents will be invited to pick students up. Staff and students should not move about campus. Staff will remain with students who are not picked up until school is out. | <b>YES</b>                      | <b>NO</b>   | <b>NO</b>   | <b>NO</b>  | <b>NO</b>   | <b>NO</b><br>If AQI increases within the school day to <i>Very Unhealthy</i> levels. Staff will remain with students until school is out. |
| <b>Hazardous</b><br>301-500                           | <b>Everyone</b>  | <b>Everyone:</b> Avoid all physical activity outdoors.<br><b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.  | <b>NO</b>               | <b>YES</b><br>All students and staff must go home as soon as possible.   | <b>YES</b>                      | <b>SCHOOLS CLOSED</b>   | <b>SCHOOLS CLOSED</b>   | <b>NO</b>  | <b>NO</b>   | <b>NO</b>   |