

# Air Pollution and School Activities / Outdoor Sports Events

Health Recommendations for Schools, Coaches and Event Coordinators regarding student exposure to fine particle (smoke and dust) air pollution

Air Quality Conditions						
First, check current air quality at <a href="http://slocleanair.org/air-quality/air-forecasting-map.php">slocleanair.org/air-quality/air-forecasting-map.php</a> , then use this chart.						
	<b>GOOD</b> (AQI: 0-50)	<b>MODERATE</b> (AQI: 51-100)	<b>UNHEALTHY FOR SENSITIVE GROUPS</b> (AQI: 101-150)	<b>UNHEALTHY</b> (AQI: 151-200)	<b>VERY UNHEALTHY</b> (AQI: 201-300)	<b>HAZARDOUS</b> (AQI: 301-500)
	Visibility ≥ 11 miles	Visibility 6 - 10 miles	Visibility 3 - 5 miles	Visibility 1.5 - 2.75 miles	Visibility 1 - 1.25 miles	Visibility < 1 mile
<b>Recess</b> (15 minutes)	No Restrictions	Allow students with asthma, respiratory infection, lung or heart disease to stay indoors.	Keep students with asthma, respiratory infection, and lung or heart disease indoors.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.
<b>P.E.</b> (1 hour)	No Restrictions	Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods or substitutions for these students as needed.	Limit to light outdoor activities. Allow any student to stay indoors if going outside might affect their health. Keep students with respiratory conditions such as asthma, breathing trouble, heart disease or diabetes indoors. Limit these students to moderate activities.	Conduct P.E. indoors. Limit students to light indoor activities.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.
<b>Athletic Events and Practices</b> (Vigorous activity 2-3 hours)	No Restrictions	Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods or substitutions for these students as needed.	Consider moving the event indoors. If the event is not cancelled, increase rest periods and substitutions to allow for lower breathing rates. Students with asthma, respiratory infection, lung and heart disease or conditions like diabetes should not play outdoors.	Cancel the event or move the event to an area with "Good," air quality if this can be done without much transit through areas with poor air quality.	Cancel the event or move the event to an area with "Good," air quality if this can be done without much transit through areas with poor air quality.	Cancel the event or move the event to an area with "Good," air quality if this can be done without much transit through areas with poor air quality.

**\*\*Note: Asthma Action plans should be followed regardless of air quality for all levels of activity. When air quality is diminished, individuals should pay special attention to their Asthma Action Plan.**

**Light Activities:** Playing board games, throwing and catching while standing, and cup stacking.

**Moderate Activities:** Yoga, shooting basketballs, dance instruction and ping pong.

**Vigorous Activities:** Running, jogging, basketball, football, soccer, swimming, cheerleading, and jumping rope.



Air Pollution Control District  
San Luis Obispo County

