May 2021 Update ~ Marin County Air Quality Outdoor Activity Overview and Communication Protocols for Schools

Regular physical activity promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index (AQI). This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at [www.AirNow.gov](http://www.AirNow.gov). The Marin County Office of Education will be in close contact with Public Health and may convene a zoom meeting or conference call if needed. The table is a modified version of a publication provided by the US Environmental Protection Agency and Center for Disease Control, with input from the Marin County Public Health Officer based on experiences during regional wildfires and community response. (5.25.2021 update)

<table>
<thead>
<tr>
<th>Air Quality Index</th>
<th>Outdoor Activity Overview and Communication Protocols</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>green</strong></td>
<td>Great day to be active outside!</td>
</tr>
<tr>
<td>GOOD = 0-50</td>
<td></td>
</tr>
<tr>
<td><strong>yellow</strong></td>
<td>Good day to be active outside!</td>
</tr>
<tr>
<td>MODERATE = 51-100</td>
<td>Students who are unusually sensitive to air pollution could have symptoms.**</td>
</tr>
<tr>
<td><strong>orange</strong></td>
<td>It's OK to be active outside, especially for short activities such as recess and physical education (PE). For longer activities such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</td>
</tr>
<tr>
<td>UNHEALTHY FOR SENSITIVE GROUPS = 101-150</td>
<td>See additional detail in School Air Quality Activity Recommendations Chart on next page.</td>
</tr>
<tr>
<td><strong>red</strong></td>
<td>For all outdoor activities, take more breaks and do less intense activities. Public Health will advise on allowable indoor activities. Watch for symptoms and take action as needed.** Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy. See additional detail in School Air Quality Activity Recommendations Chart on next page.</td>
</tr>
<tr>
<td>UNHEALTHY = 151-200</td>
<td></td>
</tr>
<tr>
<td><strong>purple</strong></td>
<td>Public Health will advise on allowable indoor activities. Schools generally remain best environment for students.</td>
</tr>
<tr>
<td>VERY UNHEALTHY = 201-300</td>
<td></td>
</tr>
</tbody>
</table>

*www.AirNow.gov* will be utilized as the most accurate measure of regional AQI, used by the California Air Resources Board and U.S. EPA, and now includes a fire and smoke map with data from more localized low cost sensors such as Purple Air.

**Watch for Symptoms**

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

If symptoms occur:
The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

**Go for 60!**

CDC recommends that children get 60 or more minutes of physical activity each day. [www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm](http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm)

**Plan Ahead for Ozone**

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.
The following school activity recommendations are based on consultation with health researchers and several important principles drawn from recent studies. Modify these levels to correspond with the AQI, emissions concentration, or other air district recommended method for your region.

<table>
<thead>
<tr>
<th>Activity</th>
<th>LEVEL 1</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
<th>LEVEL 4</th>
<th>LEVEL 5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Ensure that sensitive individuals are medically managing their condition.*</td>
<td>Public Health will advise on allowable indoor activities.</td>
<td>Exercise indoors or avoid vigorous outdoor activities.*</td>
<td>School districts may consider school closures based on site-by-site concerns.***</td>
</tr>
<tr>
<td>Recess (15min)</td>
<td>No restrictions</td>
<td></td>
<td></td>
<td></td>
<td>No outdoor activity.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ensure that sensitive individuals are medically managing their condition.*</td>
<td></td>
<td></td>
<td>Public Health will advise on allowable indoor activities.</td>
</tr>
<tr>
<td>P.E. (1hr)</td>
<td>No restrictions</td>
<td></td>
<td></td>
<td></td>
<td>No outdoor activity.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ensure that sensitive individuals are medically managing their condition.*</td>
<td></td>
<td></td>
<td>Public Health will advise on allowable indoor activities.</td>
</tr>
<tr>
<td>Athletic Practice &amp; Training</td>
<td>No restrictions</td>
<td></td>
<td>Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions.</td>
<td>Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions.</td>
<td>No outdoor activity.</td>
</tr>
<tr>
<td>(2-4hrs)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Public Health will advise on allowable indoor activities.</td>
</tr>
<tr>
<td>Scheduled Sporting Events</td>
<td>No restrictions</td>
<td></td>
<td>Increase rest breaks and substitutions per CIF guidelines for extreme heat.**</td>
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<td>Event must be rescheduled or relocated.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ensure that sensitive individuals are medically managing their condition.*</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Sensitive Individuals include all those with asthma or other heart/lung conditions  ** California Interscholastic Federation

*** In general the best place for students is to be in school. 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.