
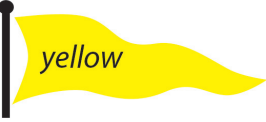





# Marin County Air Quality Outdoor Activity Overview and Communication Protocols for Schools **(with active COVID)**

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index (AQI), and communication protocols at different AQI thresholds. 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)\*. Please note this table is a modified version of a 2014 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 from 2017 - 2019.

Air Quality Index	Outdoor Activity Overview and Communication Protocols
 <p>green</p> <p>GOOD = 0-50</p>	<p>Great day to be active outside!</p> <p><i>*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, as opposed to other personal and more localized sensors such as Purple Air.</i></p>
 <p>yellow</p> <p>MODERATE = 51-100</p>	<p>Good day to be active outside!</p> <p>Students who are unusually sensitive to air pollution could have symptoms.*</p>
 <p>orange</p> <p>UNHEALTHY FOR SENSITIVE GROUPS = 101-150</p>	<p><b>An email communication from Marin County Public Health Officer will be sent out through MCOE to all schools.</b></p> <p>It's OK to be active outside, especially for <b>short activities</b> such as recess and physical education (PE). For <b>longer activities</b> 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.</p> <p><b>See additional detail in School Air Quality Activity Recommendations Chart on next page.</b></p>
 <p>red</p> <p>UNHEALTHY = 151-200</p>	<p><b>A conference call will be initiated by MCOE and Marin County Public Health Officer for all Marin County Schools.</b></p> <p>For <b>all outdoor activities</b>, take more breaks and do less intense activities. <b>No intense indoor activities with active COVID in community.</b> Consider moving <b>longer or more intense activities</b> indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy. <b>See additional detail in School Air Quality Activity Recommendations Chart on next page.</b></p>
 <p>purple</p> <p>VERY UNHEALTHY = 201-300</p>	<p><b>A daily conference call will be initiated by MCOE and Marin County Public Health Officer for all Marin County Schools.</b></p> <p><b>No intense indoor activities with active COVID in community. Move all activities indoors or reschedule them to another day.</b></p>

### \* 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.

# School Air Quality Activity Recommendations

## PROTECT STUDENT HEALTH DURING POOR AIR QUALITY

Air quality is an important consideration for schools in terms of student activities. Local air districts are available to assist schools with understanding local air quality concerns and actions they can take to protect student health. To find out more, contact your local air district. Visit this page to learn which District serves your area: [www.arb.ca.gov/app/dislookup/dislookup.php](http://www.arb.ca.gov/app/dislookup/dislookup.php)



**August 2020 with Active COVID**

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.**

Activity	Air Quality Level				
	LEVEL 1	LEVEL 2	LEVEL 3 <b>No indoor exercise or vigorous activity</b>	LEVEL 4 <b>No indoor exercise or vigorous activity</b>	LEVEL 5 <i>School districts may consider school closures based on site-by-site concerns. ***</i>
<b>Recess (15min)</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	<del>Exercise indoors or</del> avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. <del>All activities should be moved indoors.</del> <b>No indoor exercise or vigorous activity</b>
<b>P.E. (1hr)</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should <del>exercise indoors or</del> avoid vigorous outdoor activities.*	<del>Exercise indoors or</del> limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.*	No outdoor activity. <del>All activities should be moved indoors.</del> <b>No indoor exercise or vigorous activity</b>
<b>Athletic Practice &amp; Training (2-4hrs)</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.*	<del>Exercise indoors or</del> reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.*	No outdoor activity. <del>All activities should be moved indoors.</del> <b>No indoor exercise or vigorous activity</b>
<b>Scheduled Sporting Events</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	Event must be rescheduled or relocated. <b>No indoor exercise or vigorous activity</b>

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

\*\*\* 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.