
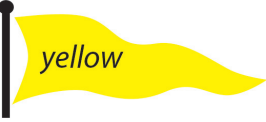





# August 2023 - Marin County Air Quality Outdoor Activity Overview and Communication Protocols for Schools

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.

**In red or purple tier, a high quality mask (ie N95/KN95) may be recommended when outdoors.**

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>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>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>For <b>all outdoor activities</b>, take more breaks and do less intense activities. 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. Monitor localized air quality (which may change regularly) to determine when to open and close doors and windows.</p> <p><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>Move <b>all activities</b> indoors or reschedule them to another day.</p> <p><b>Schools generally remain the best environment for students.</b></p> <p><b>See additional detail in School Air Quality Activity Recommendations Chart on next page.</b></p>

\*[www.AirNow.gov](http://www.AirNow.gov) will be used as the most accurate measure of regional AQI, used by the California Air Resources Board and the US EPA, and now includes a [fire and smoke map](#) with data from low cost more localized sensors like 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.

# 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)



UPDATED 8.30.2023

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	LEVEL 4	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.*	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
<b>P.E. (1hr)</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
<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.*	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
<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.

\* 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.