



# Air Quality Index Guidelines

SCHOOL IN SESSION?	AIR QUALITY INDEX LEVELS	RECESS / LUNCH	PHYSICAL EDUCATION	ATHLETIC PRACTICE & TRAINING	SCHEDULED SPORTING EVENTS
YES	<b>GOOD (0-50)</b>	No Restrictions	No Restrictions	No Restrictions	No Restrictions
YES	<b>MODERATE (51-100)</b>	Ensure unusually sensitive individuals are medically managing their condition.*	Ensure unusually sensitive individuals are medically managing their condition.*	Ensure unusually sensitive individuals are medically managing their condition.*	Ensure unusually sensitive individuals are medically managing their condition.*
YES	<b>UNHEALTHY FOR SENSITIVE GROUPS (101-150)</b>	Indoor lunch/recess strongly recommended for those with asthma or heart disease. Indoor option made available to all students and staff	Reduce vigorous exercise to 30 min per hour. May move indoors or modify activity as necessary.  Ensure that sensitive individuals are medically managing their condition.*	Reduce vigorous exercise to 30 min per hour of practice time with increased rest breaks and substitutions. May move indoors or modify activity as necessary.  Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat. May move indoors or modify activity as necessary.  Ensure that sensitive individuals are medically managing their condition.*
YES	<b>UNHEALTHY (151-200)</b>	All activities should be moved indoors as much as reasonably possible.  Sensitive individuals should remain indoors.*	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes.  Sensitive individuals should remain indoors.*	All activities should be moved indoors as much as reasonably possible or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Consider focusing on game theory or studying films.  Sensitive individuals should remain indoors.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.**  Ensure that sensitive individuals are medically managing their condition.*
MAYBE: District will determine need for closure based on expected duration of event and level of air pollution.	<b>VERY UNHEALTHY (201-300)</b>	No outdoor activity. All activities should be moved indoors. If school is canceled/closed for students and staff, essential personnel (maintenance, administrative) may be called in to work.	No outdoor activity. All activities should be moved indoors. If school is canceled/closed for students and staff, essential personnel (maintenance, administrative) may be called in to work.	No outdoor activity. All activities should be moved indoors. If school is canceled/closed for students and staff, essential personnel (maintenance, administrative) may be called in to work.	Event must be rescheduled or relocated.
NO	<b>HAZARDOUS (301-500)</b>	School is canceled/closed for students and staff. Essential personnel (maintenance, administrative) may be called in to work	School is canceled/closed for students and staff. Essential personnel (maintenance, administrative) may be called in to work	School is canceled/closed for students and staff. Essential personnel (maintenance, administrative) may be called in to work	School is canceled/closed for students and staff. Essential personnel (maintenance, administrative) may be called in to work

- 1 When AQI reaches the "unhealthy for sensitive groups" range, all doors and windows should be closed.
- 2 On days where AQI is likely to be in the "unhealthy for sensitive groups" range, AUSD leadership will review air quality readings starting at 6:00 a.m.
- 3 If AUSD cancels classes, the district will notify the county superintendent, district staff, and families.
- 4 Maintenance and Facilities staff working outdoors will be advised to use N95 masks when AQI levels reach the "unhealthy" stage.
- 5 Sensitive staff will be advised to wear masks when AQI levels reach the "unhealthy for sensitive groups" stage.
- 6 N95 masks are not recommended for children.
- 7 Staff should watch for any student displaying symptoms that are typical of those in the sensitive category, including coughing, wheezing, difficulty breathing, and chest tightness.

**\*Sensitive Individuals include all those with asthma or other heart/lung conditions, and should remain indoors. Will be excused from school if AQI reaches the "UNHEALTHY" range. District recommends these individuals stay home if AQI reaches the "VERY UNHEALTHY" range.**

\*\* California Interscholastic Federation