



Air Quality Index Guidelines

AQI Levels	Recess/ Lunch/ Breaks/ School Activity	Outdoor Instruction: Physical Education/ Band/ Choir	Athletic Practice/ All Outdoor Extracurriculars	Scheduled Sporting Events
0-50 (Good)	Ensure unusually sensitive individuals are medically managing their condition. Otherwise, no restrictions.	Ensure unusually sensitive individuals are medically managing their condition. Otherwise, no restrictions.	Ensure unusually sensitive individuals are medically managing their condition. Otherwise, no restrictions.	Ensure unusually sensitive individuals are medically managing their condition. Otherwise, no restrictions.
50-100 (Moderate)	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. *
101- 150 (Unhealthy for Sensitive Groups)	<p>Indoor lunch/recess strongly recommended for those with asthma or heart disease. Indoor option made available to all students and staff.</p> <p>Doors and windows should be closed in classrooms and other student use areas.</p>	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.

<p>151-200 (Unhealthy)</p>	<p>All activities should be moved indoors as much as reasonably possible. Sensitive individuals should remain indoors.</p> <p>Doors and windows should be closed in classrooms and other student use areas.</p>	<p>Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.*</p>	<p>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.*</p>	<p>For Athletic Competitions: NCS governs the rules.</p> <p>The NCS bylaw reads: “An air quality index of less than 151 must be registered for all high school outdoor athletic events hosted by NCS member schools during preseason, league and section championship events. NCS member schools may not host outdoor contests when the AQI is equal to or greater than 151. NOTE: Host school determines AQI using an app or website info. (NCS Board of Managers 4/3/18).” The California Interscholastic Federation (CIF) recommends using the www.airnow.gov application for this purpose.</p>
<p>201-300 (Very Unhealthy)</p>	<p>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.</p> <p>Doors and windows</p>	<p>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.</p>	<p>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.</p>	<p>Events must be rescheduled or relocated. Schools will follow any directives issued by NCS/ CIF in the event of Very Unhealthy air quality.</p>

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301 and above (Hazardous)	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.	Events must be rescheduled or relocated. Schools will follow any directives issued by NCS/ CIF in the event of Very Unhealthy air quality.