

REVISED: Tulare City School District Air Quality and Outdoor Activity Guidelines for Schools

The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Daily Air Quality levels will continue to be emailed to school sites from the Superintendent's office. Do not change flag from the first morning email. Due to the possibility that the air quality can change you can go to the website below to check current conditions throughout the day: http://www.valleyair.org/Programs/RAAN/raan_monitoring_system.htm

Air Quality Index and Level	Level 1- GOOD	Level 2- MODERATE	Level 3- UNHEALTHY FOR SENSITIVE GROUPS	Level 4- UNHEALTHY	Level 5- VERY UNHEALTHY	COLOR CHANGES Occurring midday
Recess- 15 minute	No restrictions	Students who are sensitive to air pollution could have symptoms.	Okay for students to be outside, but avoid vigorous activities Noon league- Cancelled. Sensitive individuals should exercise indoors	Okay for students to be outside, but avoid vigorous activities Noon league- Cancelled. Sensitive individuals should remain indoors.	RAINY DAY SCHEDULE	<p>If change occurs during day:</p> <ol style="list-style-type: none"> 1. From Orange to Red and stays for over an hour-go to RED FLAG DAY PROTOCOL (Level 4). 2. From Red to Purple and stays for over an hour-go to PURPLE FLAG DAY PROTOCOL (Level 5). <p>If you have questions during this time contact District Nurse. If District Nurse unavailable contact Sue Howarth.</p>
P.E.- 1 hour	No restrictions	Students who are sensitive to air pollution could have symptoms.	For all students reduce vigorous exercise. For example no running, calisthenics, jumping rope, etc. Sensitive individuals should exercise indoors.	Indoor P.E. activities	RAINY DAY SCHEDULE	
Athletic Practice- 2-4 hours	No restrictions	Students who are sensitive to air pollution could have symptoms.	Increase rest breaks. Reduce vigorous exercise. For example, limit running, calisthenics, jumping rope, etc.	Cancelled	RAINY DAY SCHEDULE	
Scheduled Sporting Events	No restrictions	Students who are sensitive to air pollution could have symptoms.	Increase rest breaks and substitutions. Follow CIF guidelines for heat.	Cancelled	RAINY DAY SCHEDULE	

Watch for symptoms: Air pollution can make asthma symptoms worse and trigger attacks. Heavy particle such as ash from wildfires may change the activity level but not LEVEL color. Your secretary may be notified by the district office to change the level color guidelines due to heavy particles. This updated notification needs to be announced to all staff. Symptoms of asthma include coughing, shortness of breath, wheezing, and chest tightness. Even students who do not have asthma could experience these symptoms when exposed to unhealthy levels of air pollution.

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