

CENTRAL UNIFIED SCHOOL DISTRICT - *Superintendent's Office*

MEMORANDUM

TO: *Principals and Athletic Directors: Please notify all teachers and coaches to follow the health cautionary statements below:*

FROM: Sonja Dosti, Communications & Public Relations Officer

SUBJECT: Air Quality – **RAAN LEVEL 3*** Heat Index – **100-104 degrees**

Questions may be directed to Daren Pittman at 276-0280 ext. 50138

1. Level 3 (Orange/Unhealthy for Sensitive Groups)

- a. Student and adults with respiratory diseases, like asthma and heart disease, should not participate in any activity that would cause high levels of exertion. All other students and adults should limit outdoor activities.
 - i. Recess (15 min)
 1. Sensitive individuals should exercise indoors or avoid vigorous outdoor activities
 - ii. PE (1 hr)
 1. Sensitive individuals should exercise indoors or avoid vigorous outdoor activities
 - iii. Athletic Practice and Training (2-4 hrs)
 1. Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions.
 2. Insure that sensitive individuals are medically managing their condition
 - iv. Scheduled Sports
 1. Increased rest breaks and substitutions per CIF guidelines for extreme heat.
 2. Insure that sensitive individuals are medically managing their condition

**Real-Time Air Advisory Network Level 3 –
Particulate Matter 2.5 range: 36-55 ug/m³; Ozone 76-95 ppb.*

HEAT INDEX: 100-104 degrees

All Sports

- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. And, athletes should be able to get water when they feel the need.
- Mandatory water breaks every 30 minutes for 10 minutes in duration.
- Watch/monitor athletes carefully for necessary action.
- Sites need to monitor their indoor gyms. Some gyms can become hotter than the outside temperature. If a site feels its gym has exceeded Stage 4 Heat, all practices and games should be canceled.
- All sports: All Coaches need to be sensitive to heat related issues.

** If humidity is forecasted for 25%+ or if the day is muggy/humid, be prepared for a Stage 4 or 5