

**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 4\*** **Heat Index – 105+ degrees**

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

**1. Level 4 (Red/Unhealthy Air Quality)**

**i. Recess/Break**

**1. Elementary schools**

**a. Exercise indoors**

**2. Secondary schools**

**a. Exercise indoors or avoid vigorous outdoor activities**

**ii. PE**

**1. Elementary schools**

**a. Exercise indoors**

**2. Secondary schools**

**a. Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes**

**iii. Athletic Practice and Training**

**1. Elementary schools**

**a. No practice**

**2. Secondary schools (2-4 hrs)**

**a. Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions.**

**b. Insure that sensitive individuals are medically managing their condition**

**iv. Scheduled Sports**

**1. Elementary schools**

**a. All outdoor games canceled.**

**b. All indoor games continue as scheduled unless stated otherwise.**

**2. Secondary schools**

**a. All outdoor games still scheduled have increased rest breaks and substitutions.**

**b. All indoor games continue as scheduled unless stated otherwise.**

***\*Real-Time Air Advisory Network Level 4 –  
Particulate Matter 2.5 range: 56-75 ug/m<sup>3</sup>; Ozone 96-115 ppb.***

## **HEAT INDEX: 105+**

### All Sports

- No long distance running or strenuous conditioning/practice if Heat Index is 105 or greater.
- 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.
- Frequent hydration whenever needed
- Frequent shade breaks
- If possible, practice after 7 pm.
- All coaches need to be sensitive to heat related issues.

**\*\*FOOTBALL:** No pads if Heat Index is 105+