

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 4*** Heat Index – **NONE**

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/m3; Ozone 96-115 ppb.***