

# School Air Quality Activity Recommendations

## PROTECT STUDENT HEALTH DURING POOR AIR QUALITY

Air quality is an important consideration for schools when planning student activities. Santa Barbara County Air Pollution Control District is available to assist schools with understanding local air quality and actions to take to protect student health. To find out more, visit [www.OurAir.org](http://www.OurAir.org) or call (805) 979-8050.



The following school activity recommendations are based on consultation with health researchers and several important principles drawn from recent studies.

Activity	Air Quality Level				
	LEVEL 1 AQI 0-50	LEVEL 2 AQI 51-100	LEVEL 3 AQI 101-150	LEVEL 4 AQI 151-200	LEVEL 5 AQI 201 or higher <i>School districts may consider closures based on site-by-site concerns</i>
<b>Recess (15 mins)</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities* Allow individuals who express difficulty breathing to play indoors	Exercise indoors or avoid vigorous outdoor activities Sensitive individuals or any individual who expresses difficulty breathing should remain indoors*	No outdoor activity All activities should be moved indoors
<b>P.E. (1 hour)</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities* Allow individuals who express difficulty breathing to exercise indoors Increase rest periods and substitutions to lower breathing rates	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes Sensitive individuals or any individual who expresses difficulty breathing should remain indoors*	No outdoor activity All activities should be moved indoors
<b>Athletic Practice &amp; Training (2-4 hours)</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition*	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions Ensure that sensitive individuals are medically managing their condition* Increase rest periods and substitutions to lower breathing rates	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions Sensitive individuals should remain indoors*	No outdoor activity All activities should be moved indoors
<b>Scheduled Sporting Events</b>	No restrictions	Ensure that sensitive individuals are medically managing their condition*	Increase rest breaks and substitutions per CIF guidelines for extreme heat** Ensure that sensitive individuals are medically managing their condition*	Increase rest breaks and substitutions per CIF guidelines for extreme heat** Ensure that sensitive individuals are medically managing their condition* Consider rescheduling or relocating event	Event should be rescheduled or relocated.

\* Sensitive Individuals include all those with asthma or other heart or lung conditions

\*\* California Interscholastic Federation