

Recommendations for Schools for Outdoor Physical Activity during Smoky Conditions

This guide is intended to help make decisions on outdoor activities when it is smoky outside.
 Visit Fire.AirNow.gov to check the Air Quality Index (AQI) and Particulate Matter (PM) levels in your area.

<i>Physical Activity</i>	Level 1 Good	Level 2 Moderate	Level 3 Unhealthy for Sensitive Individuals	Level 4 Unhealthy	Level 5 Very Unhealthy	Level 6 Hazardous
AQI Value (Air Quality Index)	0 - 50	51 - 100	101 - 150	151 - 200	201 - 300	301+
PM2.5 ug/m ³ Range (24-hour average)	0 - 15	16 - 35	36 - 65	66 - 150	151 - 250	251 and greater
Windows/Doors	OK to open	OK to open	Keep closed	Keep closed	Keep closed	Keep closed
Recess (15 minutes)	No Restrictions	Ensure sensitive individuals are medically managing their condition. *	Sensitive individuals should exercise or play indoors or avoid vigorous outdoor activities. *	Exercise indoors or avoid vigorous outdoor activities.		
P.E. (1 hour)	No Restrictions	Ensure sensitive individuals are medically managing their condition. *	Sensitive individuals should exercise or play indoors or avoid vigorous outdoor activities. *	Sensitive individuals should remain indoors. *	Avoid outdoor activities and only light exercise indoors dependent on interior air quality.	Avoid outdoor activities and only light exercise indoors dependent on interior air quality.
Athletic Practices & Training and Outdoor Sporting Events (2-4 hours)	No Restrictions	Ensure sensitive individuals are medically managing their condition. *	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. For Sporting Events - Increase rest breaks and substitutions per CIF guidelines for extreme heat. ** Ensure sensitive individuals are medically managing their condition. *	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. For Sporting Events - Increase rest breaks and substitutions per CIF guidelines for extreme heat. ** Sensitive individuals should remain indoors. *	Sporting Events must be rescheduled or relocated to areas with better air quality.	Sporting Events must be rescheduled or relocated to areas with better air quality.

* Sensitive Individuals include all those with asthma, respiratory or other heart/lung conditions.

** California Interscholastic Federation

Points to Consider

- ◆ If you smell smoke, or see smoke around you, consider restricting your outdoor activities. When in doubt, sit it out.
- ◆ The chance of being affected by smoke increases substantially with strenuous or prolonged activity outdoors.
- ◆ Children breathe in/out 2-3 times more than adults, exposing them to higher quantities of smoke.
- ◆ Air quality can change rapidly at different times during the day due to wind shifts. Monitor the smoke throughout the day.



Local visibility and low-cost air quality sensors can help determine the amount of smoke in your area and help you decide if it is safe to go outside.

You can use both your sight and readings from sensors to determine your level of outdoor activity.

The chart on the front of this card has the visibility, Air Quality Index (AQI), and PM (particulate matter) concentrations for each level. To assess air quality using visibility, face away from the sun, focus on a local ridge top, building, or landmark which is approximately 3 to 6 miles away, and determine how far you can see. If you are concerned about poor outdoor air quality, consider waiting for better conditions.

Dust masks & face coverings do not protect you from smoke impacts!

Paper “comfort” or “dust” masks – the kinds you can commonly buy at the hardware store – and cloth face coverings can block large particles like dust or pollen. Generally, these will not protect your lungs from the fine particles in smoke. Wet bandanas tied over the face will not protect you from fine particles and may restrict air flow.

If there is a smoke advisory, try to stay indoors and take steps to keep indoor air as clean as possible. Keep windows and doors closed as much as possible. Use an air filtration system and/or your air conditioner, if you have one, keeping the filter clean, and the fresh air intake closed (recirculation mode) to prevent bringing additional smoke inside.

Note: If you do not have an air conditioner, staying inside with the windows closed may be dangerous in extremely hot weather. In these cases, seek alternative shelter. Often, when smoky conditions continue over an extended time, your local government may provide cooling centers to avoid smoke exposure and heat. Contact your local government for further information.