

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 Forecast – RED * Heat Index – NONE**

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

AQI

1. Red Flag (AQI = 151-200; 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 Sporting Schedule

1. Elementary schools

a. All games canceled.

(Particulate 2.5 range: > 56-75 ug/m³; Ozone: 96-115 ppb)