

**CENTRAL UNIFIED SCHOOL DISTRICT - *Superintendent's Office***

**MEMORANDUM**

**DATE:**

**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 – ORANGE \* Heat Index: 105+**

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

Schools should be prepared for a **potential Air Quality Red Flag notification** from the District Athletic Office. **A Red and/or Purple Flag issued for Air Quality means all practices, games and events are canceled.**

**AQI**

**1. Orange Flag (AQI = 101-150; Unhealthy for Sensitive Groups)**

- a. Student and adults with respiratory diseases, such as asthma and heart disease, should not participate in any activity that would cause high levels of exertion. All other students and adults should limit outdoor activities.
  - i. Recess (15 min)
    - 1. Sensitive individuals should exercise indoors or avoid vigorous outdoor activities
  - ii. PE (1 hr)
    - 1. Sensitive individuals should exercise indoors or avoid vigorous outdoor activities
  - iii. Athletic Practice and Training (2-4 hrs)
    - 1. Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions.
    - 2. Insure that sensitive individuals are medically managing their condition
  - iv. Scheduled Sporting Schedule
    - 1. Increased rest breaks and substitutions per CIF guidelines for extreme heat.
    - 2. Insure that sensitive individuals are medically managing their condition

***(Particulate 2.5 range: 36-55 ug/m3; Ozone: 76-95 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+**