

**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 – **95-99**

*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/m<sup>3</sup>; Ozone: 96-115 ppb)**

## **HEAT INDEX: 95-99 degrees**

### **All Sports**

- Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. And, athletes should be able to get water when they feel the need.
- Mandatory water breaks every 30 minutes for 10 minutes in duration.
- Watch/monitor athletes carefully for necessary action.