

Madera Unified Air Quality Guidelines

- An Air Alert is a notification that the Valley is currently experiencing conditions that may lead to exceeding a health-based ozone (smog) standard. Air Alerts are issued Valley-wide.
- When an Air Alert is called by the Air District an email notification will be sent out to all principals and athletic directors indicating a color. Use the attached chart to determine the proper response for your school.
- An Air Alert episode may last anywhere from several hours to several days. Keep in mind that air alerts need to register for **two consecutive readings** to trigger a specific action.
- You can sign up to receive Air Alerts at
•http://www.valleyair.org/programs/raan/raan_index.htm?x=FRSGRLND
- An important tool to use for protecting your health in your neighborhood is the Real-Time Air Advisory Network (RAAN). This resource is available at no charge to anyone in the Valley.
- RAAN links your site of preference to the nearest monitoring site and provides real-time air quality updates, enabling you to gauge the air quality where you live or work, and adjust your activities as appropriate.

Elementary School Activity Restrictions During Poor Air Episodes

The following restrictions have been designed to accompany the San Joaquin Valley Air Pollution Control District’s Real-Time Outdoor Activity Risk levels (ROAR).

These guidelines should be followed for **all** students when two consecutive hourly readings from ROAR rise to Level 4 (RED, Unhealthy); and for students diagnosed with asthma, heart conditions or other respiratory ailments (on the nurse’s list) when the ROAR reading is Level 3 (Orange, Unhealthy for Sensitive Groups) for two consecutive hours. Students with asthma, heart conditions or other respiratory ailments should not participate in outdoor activities (other than recess) when air quality deteriorates into ROAR Level 4 (Red, Unhealthy) for two consecutive hourly readings.

Type of Student	Two Consecutive Level 3 (Orange) Readings	Two Consecutive Level 4 (Red) Readings	Two Consecutive Level 5 (Purple) Readings
Nurse’s List Students	Restricted Activities Listed Below	Cannot Participate in Outdoor Activities	All Outdoor Activities Stop
Nurse’s List Students	Unrestricted Activities	Restricted Activities Listed Below	All Outdoor Activities Stop

Activity Restriction Guide – Elementary Activities

Cross Country and Track

No track or cross country meets when “Red”. May still hold practices; but no long distance running (equal to or greater than respective race) or prolonged conditioning.

- Examples of acceptable activities would include: stretching exercises, short games, short runs, fundamental skill building, throws and jumps practices.

Football, Volleyball (Boys and Girls), Basketball, Physical Education

Games can be held as scheduled, restrictions apply to practices: No wind sprints, running the mile, prolonged condition (don’t exceed 8 minutes of strenuous activity).

Wrestling

Games can be held as scheduled, restrictions apply to practices:






No prolonged condition (don’t exceed 8 minutes of strenuous activity) including indoor or outdoor

Recess

Acceptable to hold recess (lunch, morning and afternoon), but supervisory staff should be watchful of students involved in voluntary activities (tag or soccer) requiring high levels of exertion. Nurse’s list students may participate in recess when two consecutive hourly reading are RED

When the ROAR moves into Level 5 (Purple, Very Unhealthy) for two consecutive hours no students should participate in outdoor activities.

Real-Time Outdoor Activity Risk (ROAR) Guidelines

ROAR Level	 LEVEL 1	 LEVEL 2	 LEVEL 3	 LEVEL 4	 LEVEL 5
Recess (15min)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
P.E. (1hr)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 min. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
Athletic Practice & Training (2-4hrs)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Reduce vigorous exercise to 30 min per hour of practice time with increased rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.	Exercise indoors or reduce vigorous exercise to 30 min of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
Scheduled Sporting Events	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.	Event must be rescheduled or relocated.
PM2.5 range	1 – 12 µg/m3	13 – 35 µg/m3	36 – 55 µg/m3	56 – 75 µg/m3	>75 µg/m3
Ozone range	1 – 59 ppb	60 – 75 ppb	76 – 95 ppb	96 – 115 ppb	>115 ppb

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

** California Interscholastic Federation

