

Index Values	Air Quality Description <small>(Color Description)</small>	Health Cautionary Statement	Heat	Outdoor Activity Schedule
0-50	Good  (Green)	No limitations	90 degrees or less [Stage 1]	Outdoor Activities will be permitted for all students
51 – 100	Moderate  (Light Yellow)	Extremely sensitive children and adults, especially with respiratory diseases such as asthma, should consider limiting outdoor exertion.	90-100 degrees [95-99 Stage 2]	Outdoor activities all be permitted for all students * At 95° or greater see HOT Weather procedure [for athletes]
101 – 150	Unhealthy for Sensitive Groups <i>Spare the Air Day</i> (Orange)	Sensitive children, adults and especially those with respiratory diseases such as asthma, should limit prolonged (30 minutes or more) outdoor exertion.  <b>Stage 5 heat advisory is issued when index is 105 and nighttime heat index is above 80. All games and practices cancelled until heat advisory is lifted</b>	100-108 degrees  [100-104 Stage 3]  [105+ Stage 4]	<b>June-Aug:</b> Outdoor activities permitted before 10:00 am <b>September:</b> No outdoor activities  <b>October-February :</b> Outdoor Activities permitted between 10:00 am-4 pm  <b>March-May [Ozone]</b> Outdoor activities permitted before 10:00 am  <b>March-May {Particulate Matter}</b> Outdoor activities permitted between 10:00 am-4 pm
151 – 200 *  ◆at above 171	Unhealthy <i>Spare the Air Day</i> (Red)	Sensitive children and adults should avoid outdoor exertion. Everyone should limit prolonged (30 minutes or more) outdoor exertion during peak ozone periods.	108 degrees or higher	All students will participate in indoor activities <b>◆Any sports activity K-6 is cancelled when value is above 171</b>
201 – 300 *	Very Unhealthy <i>Health Advisory</i> (Purple)	Sensitive children and adults should avoid outdoor activities and remain indoors. Everyone else should avoid outdoor exertion. This includes active recess activities **, outdoor PE and athletic activities.	↓	All students will participate in indoor activities
Over 300 *	Hazardous <i>Health Alert</i> (Deep Purple)	Everyone, especially children, should avoid outdoor activities and remain indoors.	↓	All students will participate in indoor activities

Stage 1: Forecast under 95 Degrees

All Sports

	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Optional water breaks every 30 minutes for 10 minutes in duration.</li> <li>• Watch/monitor athletes carefully for necessary action.</li> </ul>
Stage 2: Forecast from 95 Degrees to 99 Degrees	All Sports
	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes in duration.</li> <li>• Watch/monitor athletes carefully for necessary action.</li> </ul>
Stage 3: Forecast from 100 Degrees to 104 Degrees	All Sports
	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Mandatory water breaks every 30 minutes for 10 minutes in duration.</li> <li>• Watch/monitor athletes carefully for necessary action.</li> <li>• FOOTBALL: Coaches need to be sensitive to heat related issues. <ul style="list-style-type: none"> <li>○ If humidity is forecasted for 25%+, or if the day is muggy (humid), be prepared for a stage 4 or 5.</li> </ul> </li> </ul>
Stage 4: Forecast for 105+ Degrees	All Sports
Schools should be prepared for a potential Red Flag notification from the District Athletic Office.	<ul style="list-style-type: none"> <li>• No long distance running or strenuous conditioning/practice if Heat Index is 105 or higher.</li> <li>• Frequent hydration whenever needed.</li> <li>• Frequent shade breaks.</li> <li>• If possible, practice before 11:00am and after 7:00pm.</li> <li>• All Coaches need to be sensitive to heat related issues. <ul style="list-style-type: none"> <li>○ FOOTBALL: No Pads if Heat Index is 105+.</li> </ul> </li> </ul>
Stage 5: Heat Advisory	All Sports
A Heat Advisory is issued when index is 105 and nighttime heat index is above 80. Red Flag will be in effect.	<ul style="list-style-type: none"> <li>• All Games and Practices Cancelled until Heat Advisory is lifted.</li> </ul>

### Precautions for Hot Weather Athletics

The main problem associated with exercising in hot weather is water loss through sweating. Water loss is best replaced by coaches allowing a “water as needed” policy. The athlete should be allowed water anytime he or she feels the need. **Coaches should make sure all athletes are taking in fluids.**