

MVWSD Guidelines for Outdoor Activity Based On Air Quality Level

Based on AQI as measured by AirNow.gov updated 9/3/2021

AQI Value (Air Quality Index)	Level 1: 0-50 Good	Level 2: 51-100 Moderate	Level 3: 101-150 Unhealthy for Sensitive Individuals	Level 4: 151-200 Unhealthy	Level 5: 201-300 Very Unhealthy	Level 6: 301-500 Hazardous
Windows/Doors	OK to Open	OK to Open	Keep Closed	Keep Closed	Keep Closed	Keep Closed
Lunch/Breaks Outdoors	No Restrictions	No Restrictions	No Restrictions Ensure sensitive individuals are medically managing their condition.*	30 minutes max with no physical activity	No Outdoor Activity	No Outdoor Activity
Recess (15 Minutes)	No Restrictions	Ensure sensitive individuals are medically managing their condition. *	Sensitive individuals should exercise or play indoors. Encouraged to move indoors if AQI exceeds 100, if possible.	Indoors Only	No Outdoor Activity	No Outdoor Activity
P.E. (1 hour)	No Restrictions	Ensure sensitive individuals are medically managing their condition. *	Sensitive individuals should exercise or play indoors. Encouraged to move indoors if AQI exceeds 100, if possible.	Indoors Only	No Outdoor Activity	No Outdoor Activity
Athletic Practices & Training and Athletic Competitions (2-4 Hours)	No Restrictions	Ensure sensitive individuals are medically managing their condition. *	<u>Athletic Practice</u> Limit to 30 minutes per hour of practice time with increased rest breaks and substitutions Encouraged to move indoors if AQI exceeds 100, if possible. <u>Athletic Competitions</u> Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure sensitive individuals are medically managing their condition.*	<u>Athletic Practice Indoors</u> <u>Outdoor Athletic Competitions</u> Cancelled or relocated	<u>Athletic Practice Indoors</u> (monitor indoor air quality to ensure it does not exceed 150) <u>Outdoor Athletic Competitions</u> Cancelled or relocated	<u>Athletic Practice Cancelled</u> <u>All Athletic Competitions Cancelled</u>
School Status	Open	Open	Open	Open	Open	Possible school closure in consultation with SCC Superintendent and MVWSD Board of Trustees

*Sensitive individuals include all those with asthma, respiratory or other heart/lung conditions

** California Interscholastic Federation