



Air Quality Recommendations - Student/Youth

Health recommendations for schools, coaches, and event coordinators regarding student exposure to air pollution (*wildfire smoke, dust, ozone*)

How to estimate air quality based on visibility without an air quality monitor:

1) Face away from the sun. 2) Determine the limit of your visible range by looking for targets at known distances (miles). 3) Visible range is that point at which even high contrast objects totally disappear. 4) Use the values above to determine the local AQI.

Light activities:

Running, jogging, football, soccer, basketball, jumping rope

Moderate activities:

Skateboarding, slow pitch softball, shooting basketballs

Vigorous activities:

Running, jogging, football, soccer, basketball, jumping rope

*Asthma action plans

should be followed at all times. When air quality is diminished, individuals should pay special attention to their Asthma Action Plan

Air Quality conditions					
→Check current air quality first at www.MDAQMD.ca.gov or www.AirNow.gov then use this chart.					
Length of activity	GOOD for all groups AQI 0-50 Visibility: 11+ miles	MODERATE for Group 1 AQI 51-100 Visibility: 6-10 miles	UNHEALTHY for Groups 1 & 2 AQI 101-150 Visibility: 3-5 miles	UNHEALTHY for all groups AQI 151-200 Visibility: 1 ^{1/2} - 2 ^{3/4} miles	VERY UNHEALTHY/HAZARDOUS for all groups AQI 201+ Visibility: <1 ^{1/4} miles
30 minutes	No restrictions	No restrictions; allow students with asthma or other respiratory problems to stay indoors.	Keep children with asthma, respiratory infection, and heart or lung disease indoors. Make indoor space available for all children.	Keep children indoors and activity levels light.	All groups should avoid the outdoors and physical activity.
1 hour		Monitor children with asthma or other respiratory problems, limit their vigorous activities and increase rest periods.	Limit to light outdoor activities. Allow any student to stay indoors if going outside might affect their health. Keep children with asthma, respiratory infection, and heart or lung disease indoors. Limit these children to moderate activities.	All groups should avoid the outdoors and physical activity.	Keep all children indoors and activity levels light.
2+ hours		Monitor children with asthma or other respiratory problems, limit their vigorous activities and increase rest periods.	Consider moving the event indoors. Increase rest periods and substitutions to allow for lower breathing rates. Children with asthma, respiratory infection, and heart or lung disease should play indoors.	Consider canceling, rescheduling, or relocating event to an area of good air quality, if this can be done without much transit through areas with poor air quality	Consider canceling, rescheduling, or relocating event to an area of good air quality, if this can be done without much transit through areas with poor air quality