

School Districts

Recommended Actions During Wildfire Smoke Events & Unhealthy Air Quality Levels

HOW TO USE THIS CHART:

STEP 1: Find the current local air quality conditions (AQI) at fire.airnow.gov. To find forecasted air quality conditions go to airquality.org.

STEP 2: Once you know the AQI nearest your school or outdoor event, use the table below to help you plan & make decisions during a wildfire smoke event or anytime the AQI increases.

ACTIVITY	Level 1 GOOD	Level 2 MODERATE	Level 3 UNHEALTHY FOR SENSITIVE GROUPS	Level 4 UNHEALTHY	Level 5 VERY UNHEALTHY (School closure may be considered ²)
AQI	0-50	51-100	101-150	151-200	≥201
Recess (15 min)	No Restrictions	Ensure sensitive individuals ¹ are medically managing their condition	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities Allow individuals who complain of difficulty breathing to play indoors	Exercise indoors or avoid vigorous outdoor activities Sensitive individuals or any individual who complains of difficulty breathing should remain indoors	No outdoor activity All activity should be moved indoors or discontinued
Physical Education Class (60 min)	No Restrictions	Ensure sensitive individuals ¹ are medically managing their condition	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities Make indoor space available for sensitive individuals Increase rest periods and substitutions to lower breathing rates	Exercise indoors or limit vigorous outdoor activity to maximum 15 minutes Sensitive individuals or any individual who complains of difficulty breathing should remain indoors	No outdoor activity All activity should be moved indoors or discontinued
Athletic Practice/ Scheduled Sporting Events	No Restrictions	Ensure sensitive individuals ¹ are medically managing their condition	Ensure sensitive individuals are medically managing their condition Reduce vigorous exercise to 30 minutes per hour Increase rest periods and substitutions to lower breathing rates	Reduce vigorous exercise to 30 minutes per hour Increase rest periods and substitutions to lower breathing rates Sensitive individuals should remain indoors	Practice or event should be rescheduled, moved indoors or discontinued
Scheduled Outdoor Events	No Restrictions	Ensure sensitive individuals ¹ are medically managing their condition	Ensure sensitive individuals are medically managing their condition	Decrease duration of events exceeding 2 hours Consider rescheduling or relocating event	Event should be rescheduled, moved indoors or discontinued

¹ Sensitive Individuals include anyone with asthma or other heart/lung conditions. Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.

² To meet waiver approval conditions due to emergency conditions (Form J-13A) from the State Superintendent of Public Instruction, poor air quality must be shown to be caused by an emergency event such as a wildfire.