

# RAAN Outdoor Activity Guidelines for the San Joaquin Valley

## Real-Time Outdoor Activity Risk (ROAR) Levels for Hourly Ozone and PM2.5

ROAR LEVEL	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<b>Recess (15 min)</b>	No restrictions.	Insure 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.
<b>P.E. (1 hr)</b>	No restrictions.	Insure 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 minutes. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
<b>Athletic Practice and Training (2-4 hrs)</b>	No restrictions.	Insure that sensitive individuals are medically managing their condition.	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Insure that sensitive individuals are medically managing their condition.	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
<b>Scheduled Sporting Events</b>	No restrictions.	Insure that sensitive individuals are medically managing their condition.	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Insure that sensitive individuals are medically managing their condition.	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Insure that sensitive individuals are medically managing their condition.	Event must be rescheduled or relocated.
<b>PM2.5 range</b>	1 – 15 $\mu\text{g}/\text{m}^3$	16 – 35 $\mu\text{g}/\text{m}^3$	36 – 55 $\mu\text{g}/\text{m}^3$	56 – 75 $\mu\text{g}/\text{m}^3$	>75 $\mu\text{g}/\text{m}^3$
<b>Ozone range</b>	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

