

General Outdoor Activity Guidance			Outdoor Activity Guidance for Schools				
EPA NowCast AQI		AQI Health Recommendations	RAAN Level	Recess (15 min)	P.E. (1 HR)	Athletic Practice & Training (2-4 HRS)	Scheduled Sporting Events
(0-50)	Good	Enjoy outdoor activities	1	Outdoor activity OK for all.	Outdoor activity OK for all.	Outdoor activity OK for all.	Outdoor activity OK for all.
(51-100)	Moderate	If you are unusually sensitive to particle pollution, consider reducing your activity level or shorten the amount of time you are active outdoors.	2	Ensure that sensitive individuals are medically managing their condition.	Ensure that sensitive individuals are medically managing their condition.	Ensure that sensitive individuals are medically managing their condition.	Ensure that sensitive individuals are medically managing their condition.
(101-150)	Unhealthy for Sensitive Groups	People with heart or lung disease, older adults, children and teens – take any of these steps to reduce your exposure: - Choose less strenuous activities. - Shorten the amount of time you are active outdoors. - Be active outdoors when air quality is better.	3	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.	Increase rest breaks and substitutions per CIF guidelines for extreme heat. Ensure that sensitive individuals are medically managing their condition.
(151-200)	Unhealthy	Sensitive groups: Avoid long or intense outdoor activities. Consider rescheduling or moving activities indoors. Everyone else: Reduce long or intense activities. Take more breaks during outdoor activities.	4	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.	Increase rest breaks and substitutions per CIF guidelines for extreme heat. Ensure that sensitive individuals are medically managing their condition.
(201-300)	Very unhealthy	Sensitive groups: Avoid all physical activity outdoors. Reschedule to a time when air quality is better or move activities indoors. Everyone else: Avoid long or intense activities. Consider rescheduling or moving activities indoors.	5	No outdoor activity. All activities should be moved indoors.	No outdoor activity. All activities should be moved indoors.	No outdoor activity. All activities should be moved indoors.	Event must be rescheduled or relocated.
(301-500)	Hazardous	Everyone: Avoid all physical activity outdoors. Sensitive groups: Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.					