

Recommendations for Schools and Others on Poor Air Quality Days*

Air Quality Index (AQI) Chart for Ozone (8-hour standard)

All guidelines are cumulative (left to right and top to bottom) as duration and intensity of activities increase.

ACTIVITY	GREEN 0 – 50 Good	YELLOW 51 – 100 Moderate	ORANGE 101 – 150 Unhealthy for sensitive groups	RED 151 – 200 Unhealthy	PURPLE 201 – 300 Very Unhealthy
Recess (15 minutes)	No Restrictions	No Restrictions	Make indoor space available for children with asthma or other respiratory problems	Any child who complains of difficulty breathing, or who has asthma or other respiratory problems, should be allowed to play indoors.	Restrict outdoor activities to light to moderate exercise.
Physical Education (1 hour)	No Restrictions	No Restrictions	Make indoor space available for children with asthma or other respiratory problems.	Any child who complains of difficulty breathing, or who has asthma or other respiratory problems, should be allowed to play indoors.	Restrict outdoor activities to light to moderate exercise not to exceed one hour.
Scheduled Sporting Events	No Restrictions	Exceptionally sensitive individuals should limit intense activities.	Individuals with asthma or other respiratory/ cardiovascular illness should be medically managing their condition. Increase rest periods and substitutions to lower breathing rates.	Consideration should be given to rescheduling or relocating event.	Event should be rescheduled or relocated.
Athletic Practice and Training (2 - 4 hrs)	No Restrictions	Exceptionally sensitive individuals should limit intense activities.	Individuals with asthma or other respiratory/ cardiovascular illness should be medically managing their condition. Increase rest periods and substitutions to lower breathing rates.	Activities over 2 hours should decrease intensity and duration. Add rest breaks or substitutions to lower breathing rates.	Sustained rigorous exercise for more than one hour must be rescheduled, moved indoors or discontinued.

* These recommendations assume that most of a child's outdoor exposure occurs while at school or going to and from school. Some children engage in after-school activities (work and/or play) that can increase their daily exposures beyond four hours and should follow the guidance and advice offered by U.S. EPA in their cautionary health statements for ozone exposures. These recommendations apply only to ozone exposures and may require modification when exposed to significant levels of multiple pollutants that affect the respiratory system...should they occur