

# School Activity Recommendations for Blowing Dust Events

## Air Quality Index (AQI) Chart for Particulate Matter

| ACTIVITY                                       | 0 to 50<br>GOOD* | 51 to 100<br>MODERATE   | 101 to 150<br>UNHEALTHY FOR<br>SENSITIVE GROUPS  | 151 to 200<br>UNHEALTHY  |
|--|------------------|---|--|--|
| Recess<br>(15 min)                             | No Restrictions  | Exceptionally sensitive individuals should limit outdoor activities.  | Children with asthma or other respiratory conditions should limit outdoor activities.  | Indoor recess is advised. Restrict outdoor activities. All students should remain indoors.   |
| P.E. (1 hr)                                    | No Restrictions  | Exceptionally sensitive individuals should limit outdoor activities.<br>Reschedule activity for morning before wind starts to blow. | Children with asthma or other respiratory conditions should limit outdoor activities.<br>Reschedule activity for morning before wind starts to blow.   | Indoor recess is advised. Restrict outdoor activities. All students should remain indoors. Reschedule activity for morning before wind starts to blow. |
| Athletic Practice and Training<br>(2 to 4 hrs) | No Restrictions  | Exceptionally sensitive individuals should limit outdoor activities<br>Reschedule activity for morning before wind starts to blow.  | Individuals with asthma or other respiratory / cardiovascular condition should be medically managing their symptoms. Increase rest periods and substitutions to lower breathing rates.<br>Reschedule activity for morning before wind starts to blow.  | Reschedule practice for morning before wind starts to blow. Move indoors if possible. All students should remain indoors.                              |
| Scheduled Sporting Events                      | No Restrictions  | Exceptionally sensitive individuals should limit outdoor activities.<br>Reschedule activity for morning before wind starts to blow. | Individuals with asthma or other respiratory / cardiovascular conditions should be medically managing their symptoms. Increase rest periods and substitutions to lower breathing rates.<br>Reschedule activity for morning before wind starts to blow. | Consideration should be given to rescheduling or relocating event.   |

\*Extremely sensitive individuals with existing respiratory or cardiac conditions may experience adverse health effects above 35 AQI.

If blowing dust and sand is visible in the air, County officials recommend all adults and children avoid strenuous outdoor activity, remain indoors as much as possible, and set any air conditioning/ventilation systems to recirculation.

**This chart is to be used to provide guidance to the teacher, principal and coach on what type of outdoor activities are recommended during blowing dust events. Use the guidance in conjunction with air quality forecasts. The health benefits of regular exercise are well documented. The intent of this chart is to help children continue to exercise while protecting their health when air quality deteriorates. Typically, exercise can be rescheduled to periods when the air quality is good, such as the morning before the wind starts to blow.**

## HOW TO USE THIS CHART

The six day air quality forecast is available at [www.slocleanair.org](http://www.slocleanair.org). Select Today's Air Quality icon. Review the forecast for Nipomo. While you're there, sign up to receive the air quality forecast by e-mail.

Here's an example of how this chart should be used to determine changes to be made for a Friday afternoon Physical Education class:

**Step 1:** On Thursday afternoon, check the Nipomo air quality forecast for Friday at [www.slocleanair.org](http://www.slocleanair.org).

**Step 2:** If the Nipomo air quality forecast for Friday is Moderate (Yellow), reschedule vigorous outdoor activities to the morning hours before the wind starts to blow. Make arrangements to have exceptionally sensitive individuals limit intense outdoor activities.

**Step 3:** On Friday prior to class, check the Nipomo air quality forecast for Friday to see whether the forecast has changed.. If the AQI in your area is not forecasted to be the Good range (Green), follow the recommendations in the table.

For schools that want to follow hourly particulate measurements, visit:

[http://www.arb.ca.gov/aqmis2/display.php?param=PMBAM&units=001&year=2010&mon=10&day=28&county\\_name=40-San+Luis+Obispo&basin=--AIR+BASIN--&latitude=--PART+OF+STATE--&report=HVAL&order=basin,county\\_name,s.name&submit=Retrieve+Data&ptype=aqd&o3switch=new&statistic=HVAL&hours=all](http://www.arb.ca.gov/aqmis2/display.php?param=PMBAM&units=001&year=2010&mon=10&day=28&county_name=40-San+Luis+Obispo&basin=--AIR+BASIN--&latitude=--PART+OF+STATE--&report=HVAL&order=basin,county_name,s.name&submit=Retrieve+Data&ptype=aqd&o3switch=new&statistic=HVAL&hours=all)

If you have questions about implementing this program or canceling an outdoor athletic event, please contact the APCD at 805 781 7912



**SLO County Public Health Services**  
[www.slocounty.ca.gov/page8402.aspx](http://www.slocounty.ca.gov/page8402.aspx) | 805.788.2903