



Antelope Valley Air Quality Management District
 43301 Division St., Suite 206 • Lancaster, CA 93535-4649
www.AVAQMD.ca.gov

AIR QUALITY RECOMMENDATIONS - STUDENT/YOUTH

Health recommendations for schools, coaches, and event coordinators regarding student exposure to air pollution (wildfire smoke, dust, ozone)

Activity	Air Quality conditions				
	→Check current air quality first at www.AVAQMD.ca.gov or www.AirNow.gov then use this chart.				
	GOOD AQI 0-50 Visibility: 11+ miles	MODERATE AQI 51-100 Visibility: 6-10 miles	UNHEALTHY FOR SENSITIVE GROUPS AQI 101-150 Visibility: 3-5 miles	UNHEALTHY AQI 151-200 Visibility: 1 1/2 - 2 3/4 miles	VERY UNHEALTHY/HAZARDOUS AQI 201+ Visibility: <1 1/4 miles
Recess (15 min.)	No restrictions	No restrictions, but allow students with asthma or other respiratory problems to stay indoors	Keep children with asthma, respiratory infection, and heart or lung disease indoors. Make indoor space available for all children	Keep children indoors and activity levels light.	Keep all children indoors and activity levels light.
P.E. (1 hour)	No restrictions	Monitor children with asthma or other respiratory problems, limit their vigorous activities and increase rest periods	Limit to light outdoor activities. Allow any student to stay indoors if going outside might affect their health. Keep children with asthma, respiratory infection, and heart or lung disease indoors. Limit these children to moderate activities.	Conduct P.E. indoors. Limit children to light activities.	Keep all children indoors and activity levels light.
Scheduled sporting events & practices	No restrictions	Monitor children with asthma or other respiratory problems, limit their vigorous activities and increase rest periods	Consider moving the event indoors. Increase rest periods and substitutions to allow for lower breathing rates. Children with asthma, respiratory infection, and heart or lung disease should play indoors.	Consider canceling, rescheduling, or relocating event to an area of good air quality, if this can be done without much transit through areas with poor air quality	Consider canceling, rescheduling, or relocating event to an area of good air quality, if this can be done without much transit through areas with poor air quality

Light activities:
 Walking slowly carrying school books, hanging out with friends, playing board games

Moderate activities:
 Skateboarding, slow pitch softball, shooting basketballs

Vigorous activities:
 Running, jogging, football, soccer, basketball, jumping rope

***Asthma action plans** should be followed at all times. When air quality is diminished, individuals should pay special attention to their Asthma Action Plan

How to roughly estimate air quality based on visibility without an air quality monitor or airport visibility estimate:

- 1) Face away from the sun.
- 2) Determine the limit of your visible range by looking for targets at known distances (miles).
- 3) Visible range is that point at which even high contrast objects totally disappear.
- 4) Use the values above to determine the local AQI.

It's a breath of fresh air.