



MENDOCINO COUNTY SCHOOLS AIR QUALITY GUIDELINES

Revised June 2019

HOW TO USE THIS CHART:

1. On days with questionable Air Quality, superintendents shall determine the local Air Quality Index (AQI) at 5 a.m. using the protocol described on the back of this chart.
2. If the AQI is listed or estimated at 275 or above, districts may cancel classes. The superintendent will notify the county superintendent, their district staff, and parents.
3. District/Site staff must be informed of any and all restrictions that are in place based on the AQI as noted on the table below.
4. Personnel: At an AQI of 275 or above, school is closed. Essential personnel (maintenance, administrative) may be called in to work.

AQI Index		Recommended Actions			
	School in Session?	Recess / Lunch	Physical Education	Athletic Practice & Training	Scheduled Sporting Events
GOOD (AQI: 0-50) *Visibility 11+ miles	Yes	No Restrictions	No Restrictions	No Restrictions	No Restrictions
MODERATE (AQI: 51-100) *Visibility 6-10 miles Unusually sensitive people should consider reducing prolonged or heavy outdoor exertion	Yes	Ensure unusually sensitive individuals are medically managing their condition	Ensure unusually sensitive individuals are medically managing their condition	Ensure unusually sensitive individuals are medically managing their condition	Ensure unusually sensitive individuals are medically managing their condition
UNHEALTHY FOR SENSITIVE GROUPS (AQI: 101-150)¹ *Visibility 3-5 miles Everyone should limit prolonged or heavy outdoor activities, especially children, older adults, and people with heart or lung disease. All doors and windows must remain closed throughout the day.	Yes	On campus/indoor lunch strongly recommended for all high school students; Mandatory for Elem/Middle.	Reduce vigorous exercise to 30 min. per hour. May move indoors or modify activity as necessary.	Reduce vigorous exercise to 30 min. per hour of practice time with increased rest breaks and substitutions. May move indoors or modify activity as necessary.	Increase rest breaks and substitutions per CIF guidelines for extreme heat. May move indoors or modify activity as necessary.
UNHEALTHY (AQI: 151-200) *Visibility 1.3-2.75 miles The following groups should avoid all physical outdoor activity: People with heart or lung disease, children and older adults. Everyone else should avoid prolonged or heavy exertion.	Yes	All activities should be moved indoors as much as reasonably possible.	All activities should be moved indoors as much as reasonably possible.	All activities should be moved indoors as much as reasonably possible.	Event should be rescheduled or relocated.
VERY UNHEALTHY (AQI: 201-300) *Visibility <1.25 miles Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors.	Yes (<275)	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
	No (>275) Classes cancelled at district's discretion				
HAZARDOUS (300-500) Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors.	No	No outdoor activity. Avoid any prolonged, moderate, or vigorous indoor activity.	No outdoor activity. Avoid any prolonged, moderate, or vigorous indoor activity.	No outdoor activity. Avoid any prolonged, moderate, or vigorous indoor activity.	No outdoor activity. Avoid any prolonged, moderate, or vigorous indoor activity.

1) Sensitive Groups include all children under age 18 and adults with asthma or other heart/lung conditions | *Instructions for roughly estimating visibility are located on the back of this chart.

DETERMINING the Air Quality Index (AQI):

On days with questionable Air Quality, superintendents shall determine the local Air Quality Index (AQI) at 5 a.m. using the following protocol:

Preferred method is www.AirNow.gov, which is only accurate for Ukiah and Willits. Use the 1 hour average to match to the chart

The secondary method for districts outside Ukiah or Willits should determine AQI based on the Rough Estimate of Air Quality based on Visibility. This assumes there is enough light available to gauge the visibility.

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 chart values in the left column to determine the local AQI.

If the Rough Estimate of Air Quality based on Visibility method cannot be used, then use the report from your **Purple Air sensor** as reported for the 1 hour period. www2.purpleair.com

Activity Level examples:

- **Light Activities:** walking slowly carrying school books, hanging out with friends, playing board games
- **Moderate Activities:** Skateboarding, slow pitch softball, shooting baskets
- **Vigorous Activities:** Running, jogging, football, soccer, basketball, jumping rope