



Real-Time Outdoor Activity Risk (ROAR) Guidelines

| | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | LEVEL 5 |
|--|-----------------|--|---|---|--|
| Recess (15min) | No restrictions | Ensure that sensitive individuals are medically managing their condition.* | Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.* | Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.* | No outdoor activity. All activities should be moved indoors. |
| P.E. (1hr) | No restrictions | Ensure that sensitive individuals are medically managing their condition.* | Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.* | Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.* | No outdoor activity. All activities should be moved indoors. |
| Athletic Practice & Training (2-4hrs) | No restrictions | Ensure that sensitive individuals are medically managing their condition.* | 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.* | Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.* | No outdoor activity. All activities should be moved indoors. |
| Scheduled Sporting Events | No restrictions | 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.* | Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.* | Event must be rescheduled or relocated. |
| PM2.5 range | 1 – 12 µg/m3 | 13 – 35 µg/m3 | 36 – 55 µg/m3 | 56 – 75 µg/m3 | >75 µg/m3 |
| Ozone range | 1 – 59 ppb | 60 – 75 ppb | 76 – 95 ppb | 96 – 115 ppb | >115 ppb |

* Sensitive Individuals include all those with asthma or other heart/lung conditions

** California Interscholastic Federation



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