

# NKSD Air Pollution and School Activities

Based on Recommendations from the Department of Health and the Department of Ecology

Decisions about morning activities will be made by 7:30 a.m. Decision about afternoon/after school activities will be made by 11:30 a.m.

Washington Air Quality Index: Air Quality Conditions*						
First, check local air conditions at <a href="https://fortress.wa.gov/ecy/enwiwa/Stationinfo.aspx?ST_ID=151">https://fortress.wa.gov/ecy/enwiwa/Stationinfo.aspx?ST_ID=151</a> and then use this chart.						
	Good (0-50)	Moderate (51-100)	Unhealthy for Sensitive Groups (101-150)	Unhealthy (151-200)	Very Unhealthy (201-300)	Hazardous (301-500)
<b>Recess</b> (15 minutes)	No restrictions.	Allow students with asthma, respiratory infection, lung or heart disease to stay indoors.	Keep students with asthma, respiratory infection, and lung or heart disease indoors.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.
<b>P.E.</b> (1 hour)	No restrictions.	Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods or substitutions for these students as needed.	Keep students with asthma, respiratory infection, lung or heart disease, and diabetes indoors. Limit these students to moderate activities.  For others, limit to light outdoor activities. Allow any student to stay indoors if they don't want to go outside.	Conduct P.E. indoors. Limit students to light indoor activities.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.
<b>Athletic Events and Practices</b> (Vigorous activity 2-3 hours)	No restrictions.	Monitor students with asthma, respiratory infection, lung or heart disease.  <ul style="list-style-type: none"> <li>Increase water/rest breaks (no more than 15 min apart)</li> <li>Sensitive groups have unlimited water/rest breaks</li> </ul>	Students with asthma, respiratory infection, lung and heart disease, or conditions like diabetes shouldn't play outdoors. Consider moving events indoors. If events are not cancelled, increase rest periods and substitutions to allow for lower breathing rates.  <ul style="list-style-type: none"> <li>Unlimited water and rest breaks for all athletes</li> <li>Decrease cardio for sensitive groups until 120</li> <li>All cardio is moved indoors for all athletes at 120</li> <li>Outside practice is not above a walk</li> <li>Licensed Athletic Trainer will contact coaches with specific limitations/sport</li> </ul>	Cancel events. Or move events to an area with "Good" air quality — if this can be done without too much time spent in transit through areas with poor air quality.  <ul style="list-style-type: none"> <li>ALL practices are inside</li> <li>Unlimited water and rest breaks for all athletes</li> <li>Limited cardio. Nothing more than a jog</li> <li>Reduce practice times</li> <li>Licensed Athletic Trainer will contact coaches with specific limitations/sport</li> </ul>	Cancel events. Or move events to an area with "Good" air quality — if this can be done without too much time spent in transit through areas with poor air quality.  <ul style="list-style-type: none"> <li>All practices inside</li> <li>Practices subjected to cancellation at 200</li> <li>Film/team meeting allowed at the discretion of the athletic director</li> <li>Licensed Athletic Trainer will contact coaches with specific limitations/sport</li> </ul>	Cancel events.

**\*Students with asthma should be following their Asthma Action Plan in all Air Quality Conditions.**

Examples of different levels of activities include but are not limited to:

- **Light Activities:** Playing board games, throwing and catching while standing, cup stacking, etc.
- **Moderate Activities:** Yoga, shooting basketballs, dance instruction, and ping pong, etc.
- **Vigorous Activities:** Running, jogging, basketball, football, soccer, swimming, cheerleading, jumping rope, etc.

