



**JOIN THE FUN!**

The San Joaquin Valley Air District has determined that the Air Quality Index (AQI) for \_\_\_\_\_ will be \_\_\_\_\_  
**Temperature** is projected to be \_\_\_\_\_°

## North of the River Recreation and Park District Extreme Heat and AQI Policy

<u>Stage</u>	<u>AQI Values</u>	<u>Level of Health Concern</u>	<u>Cautionary Statements</u>	<u>Practices</u>	<u>Temperature (In °F)</u>
<b>1</b>	0-50	Good	None	•Frequent hydration when needed	Below 100°
<b>2</b>	51-100	Moderate	Unusually sensitive people should consider reducing prolonged or heavy exertion outdoors	•Frequent hydration when needed •Frequent shade breaks	Below 100°
<b>3</b>	101-150	Unhealthy for Sensitive Groups	Active children and people with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors	•Frequent hydration when needed •Frequent shade breaks	Below 100°
<b>4*</b>	151-174	Unhealthy	Active children and people with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors	•No practice with pads before 6pm •Practices are limited to 1 hour and 30 minutes •Frequent hydration every 30 minutes for 5 minutes in duration •Frequent shade breaks	100°-102°
<b>5*</b>	175-200	Unhealthy	Active children and people with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors	•Practice starts after 6pm •No pads or helmets •Light walk-through activities only •Practices are limited to 1 hour and 30 minutes •Frequent hydration every 15 minutes with unrestricted access to water throughout practice •Frequent shade breaks •If your regular scheduled practice time is pushed back due to heat or air quality restrictions, your end time must remain as regularly scheduled	103°-105°
<b>6*</b>	201 +	Very Unhealthy/Hazardous		•No PM Practice •*See below regarding AM practices and Saturday AM practices.	106° and over

\*AM practice is available same day. If having AM practice, coach must notify NOR staff and be done by 11am. AM practice pertains to stages 4-6.

\*Saturday AM practice is permitted only if Stage 6 occurred.