



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>
1	0-50	Good	None	<ul style="list-style-type: none"> •Frequent hydration when needed 	Below 100°
2	51-100	Moderate	Unusually sensitive people should consider reducing prolonged or heavy exertion outdoors	<ul style="list-style-type: none"> •Frequent hydration when needed •Frequent shade breaks 	Below 100°
3	101-150	Unhealthy for Sensitive Groups	Active children and people with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors	<ul style="list-style-type: none"> •Frequent hydration when needed •Frequent shade breaks 	Below 100°
4	151-174	Unhealthy	Active children and people with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors	<ul style="list-style-type: none"> •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°
5	175-200	Unhealthy	Active children and people with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors	<ul style="list-style-type: none"> •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°
6	201 +	Very Unhealthy/Hazardous		<ul style="list-style-type: none"> •NO Practice •Practices will not be made up if canceled due to heat or air quality 	106° and over