



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

## Shafter 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	
<b>2</b>	51-100	Moderate	Unusually sensitive people should consider reducing prolonged or heavy exertion outdoors	•Frequent hydration when needed •Frequent shade breaks	Always
<b>3</b>	101-150	Unhealthy for Sensitive Groups	Active children and adults, and people with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors	•Frequent hydration when needed •Frequent shade breaks	
<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 •NO distance running training from 2:00pm to 6:00pm. •Frequent hydration every 30 minutes for 5 minutes in duration •Frequent shade breaks	100°-104°
<b>5</b>	175-200	Unhealthy	Active children and adults, and people with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors	•Practice starts after 6pm •NO distance running training. •Light walk-through activities only •Frequent hydration whenever needed and 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.	105°-106°
<b>6</b>	201 +	Very Unhealthy/Hazardous	Active children and adults, and people with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors.	•No Outside Practice. •No Contests or Games	107° and over
<b>7</b>	301-500	Hazardous	Everyone should avoid all physical Activity outdoors.	•No Activities indoor or outside.	108° and over

**NOTE: In the event either a Dust Storm Warning or Blowing Dust Advisory is issued by the National Weather Service, All out door events will be cancelled and rescheduled.**