

Extreme Temperatures and Air Quality Management

Redding School of the Arts has developed the following guidelines for protecting students and staff during poor air quality (smoky conditions) and extreme temperatures.

HOT/COLD WEATHER

During times of excessive heat (when temperatures or the heat index is over 100 degrees), the following precautions will be taken for all outdoor physical activities including, but not limited to recess, physical education classes, and/or outdoor clubs, i.e. cross country practices. The activity will be limited to inside, air-conditioned spaces or cancelled. When on playground during periods of high heat (95-100 degrees), staff will utilize the misters and will provide multiple opportunities for hydration before and after times of activities. Outside activities including recess, will be limited to not more than 20 minutes. Temperatures are measured frequently during times of outside activity as identified by the National Weather Service: <http://www.weather.gov/>. Keep in mind that the hottest times of the day occur after 2pm, and may affect afterschool club activities, while not affecting normal recess times during the school day.

During times of cold (when temperatures or wind chill is 35 - 45 degrees), the following precautions will be taken for all outdoor physical activity including, but not limited to: recess, athletic and physical education classes: Outside activities will be limited to not more than 20 minutes. Staff will encourage all students to wear appropriate clothing. During times of excessive cold (when temperatures or wind chill is below 35 degrees) Students will remain inside. During eating times, if temperatures in cafés register 60 degrees or below the radiant heating lamps will turn on automatically. If cafés register a temperature of 45 degrees or below, students will be directed to designated or assigned spaces inside.

**Any student feeling sensitive to the outside conditions may request to sit in the office during recess times or go to the library (space & supervision permitting).*

OUTDOOR AIR QUALITY

The following precautions will be taken for all outdoor physical activity including, but not limited to: recess, physical education classes, clubs, and/or outdoor field trips. On Orange Alert Days (unhealthy for sensitive groups) Students will have outside recess or physical education classes, but for periods no longer than 15-20 minutes. Administration will email or announce an activity advisory to all applicable staff. On Red, Purple, or Maroon Alert Days (unhealthy, very unhealthy and hazardous) Students will have recess or physical education classes inside. Administration will email or announce an activity advisory to all applicable staff.

**Any student feeling sensitive to the outside conditions may request to sit in the office during recess times or go to the library (space and supervision permitting).*

The Air Quality Index (AQI) provides local information on air quality and potential health concerns.

Determining Air Quality Index: RSA will use the following measurements to determine our location's air quality.

1. Local AQI can be obtained from: <https://airnow.gov/> (closest measurements take in Anderson)
2. **NEW!** More accurate local measurements 2 in Redding, 1 in Palo Cedro.
<https://www.purpleair.com/map?&zoom=12&lat=40.63094255466805&lng=-122.22236597627591&clustersize=27&orderby=L&latr=0.18577527808177763&lng=0.494384765625>
3. Visibility Range & Air Quality Index (AQI):
http://www.co.shasta.ca.us/docs/libraries/resource-management-docs/docs/Visually_Estimating_PM_Levels.pdf?sfvrsn=0

Air Quality Index (AQI) values/Visibility- you can clearly see at distance of:	Air Quality conditions are:	You should take the following precautions:
0 – 50 or visibility 11 miles or better	Good	None
51 – 100 Or visibility 6-10 miles	Moderate	None
101 – 150 Or visibility 3-5 miles	Unhealthy for Sensitive Groups	People with pre-existing heart and lung diseases, the elderly, and children should limit outdoor exertion.
151 – 200 Or Visibility 1.5-3 miles	Unhealthy	People with pre-existing heart and lung diseases, the elderly, and children should avoid outdoor exertion. All population segments should limit outdoor exertion.
201 – 300 Or visibility 1 mile	Very Unhealthy	People with pre-existing heart and lung diseases, the elderly, and children should consider relocating to a “clean air” area. Everyone else should avoid outdoor exertion.
301 – 500 Or Visibility less than 1 mile	Hazardous	Everyone should avoid any outdoor exertion. Remain indoors if possible. Relocate to a “clean air” area if necessary.

Note: Values above 500 are considered Beyond the AQI. Follow recommendations for the Hazardous category. Additional information on reducing exposure to extremely high levels of particle pollution is available [here](#).