

Weather-Related Physical Activity Guidelines

Two factors are particularly important in figuring how much physical activity/athletic practice is advisable for students. These factors are the *Heat Index*, and the *Air Quality*. Please follow the steps below to determine what the safest level of activity is for your students.



If Air Quality is a concern:

Please click on <ftp://ftp.aqmd.gov/pub/globalist/FcstMsg.pdf> to find what the South Coast Air Quality Management District's forecast is for your area.

Once you know what the air quality forecast is, please click on:

- Recommendations for School and Others on Poor Quality Air Days at <http://health.ocde.us/AssetFactory.aspx?did=14725>

If Heat is a concern:

Please click on <http://www.rssweather.com/zipcode/92626/wx.php> to determine the Heat Index and Humidity Level in your Zip Code.

Once you have determined the Heat Index/Humidity Level in your Zip Code, please click on either:

- Hot Weather Guidelines for Schools at <http://health.ocde.us/AssetFactory.aspx?did=12992>
- or
- Hot Weather Guidelines for Athletic Practice at <http://health.ocde.us/AssetFactory.aspx?did=14401>