



Real-time Outdoor Activity Risk (ROAR) Guidelines

| | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
|--|------------------------------|--|--|--|--|
| Recess (15 min) | Outdoor activity OK for all. | Ensure that sensitive individuals are medically managing their condition.* | Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.* | Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.* | No outdoor activity. All activities should be moved indoors. |
| P.E. (1hr) | Outdoor activity OK for all. | Ensure that sensitive individuals are medically managing their condition.* | Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.* | Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors. | No outdoor activity. All activities should be moved indoors. |
| Athletic Practice & Training (2-4hrs) | Outdoor activity OK for all. | Ensure that sensitive individuals are medically managing their condition.* | Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition. | Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors. | No outdoor activity. All activities should be moved indoors. |
| Scheduled Sporting Events | Outdoor activity OK for all. | Ensure that sensitive individuals are medically managing their condition.* | Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition. | Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition. | Event must be rescheduled or relocated. |
| PM2.5 Range | 1-12 µg/m ³ | 13-35 µg/m ³ | 36-55 µg/m ³ | 56-75 µg/m ³ | >75 µg/m ³ |
| Ozone Range | 1-59 ppb | 60-75 ppb | 76-95 ppb | 96-115 ppb | >115 ppb |

* Sensitive Individuals include all those with asthma or other heart/lung conditions

** California Interscholastic Federation