

## Bishkek International School – Air Quality and Outside Play Guideline

	AIR QUALITY INDEX (AQI)						
OUTDOOR ACTIVITY	0 to 50 Good	51 to 100 Moderate	101 to 150 Unhealthy for Sensitive Groups*	151 to 200 Unhealthy	201 to 300 Very Unhealthy	301 to 500 Hazardous	>500 Beyond Hazardous
<b>Break time or Other Outdoor Activities (15 to 30 minutes)</b>	No Limit	No Limit	Sensitive groups should limit prolonged or heavy exertion.**  Increase rest periods	Sensitive groups should avoid prolonged or heavy exertion.  Others should limit prolonged or heavy outdoor exertion.** Increase rest periods & substitute players.	Sensitive groups should not be outside.  For others, restrict outdoor activities to light or moderate exercise.	Avoid all physical activity outside.	<b>As for 'Hazardous'</b>
<b>Lunch Break or PE/ECA (30 to 60 minutes)</b>	No Limit	No Limit	and substitute players to lower breathing rates.	Increase rest periods & substitute players.	Sensitive groups should not be outside.  For others, sustained rigorous exercise is limited to one hour maximum.	Sensitive groups should stay inside and keep activity levels low.	
<b>Sports Practice &amp; Training (2 to 4 hours)</b>	No Limit	Very sensitive individuals should not have prolonged/ heavy exertion** Individuals with asthma or other respiratory/ cardiovascular conditions need to medically manage their condition.	Sensitive groups should not have prolonged or heavy exertion.**  Increase rest periods and substitute players to lower breathing rates.	Sensitive groups should avoid prolonged or heavy exertion.  Others should limit prolonged or heavy outdoor exertion.** Consider reschedule/ relocating event/activity. Increase rest periods & substitute players.	Event should be rescheduled or relocated.		
<b>Scheduled Sporting Event or Outdoor Activity</b>	No Limit						

\*Individuals with asthma or other respiratory or cardiovascular conditions (or their caregivers) should be medically managing their conditions.

\*\*Prolonged exertion means any outdoor activity that you will be doing intermittently for several hours and that makes you breathe slightly harder than normal. Heavy exertion means intense outdoor activities that cause you to breathe hard and increases your cardiovascular rate.

Table adapted from Minnesota Department of Health and the Minnesota Pollution Control Agency - Guidelines for Schools and Child Care Facilities and US Government guidelines <https://www3.epa.gov/airnow/flag/school-chart-2014.pdf> and [https://www3.epa.gov/airnow/aqi\\_brochure\\_02\\_14.pdf](https://www3.epa.gov/airnow/aqi_brochure_02_14.pdf)