



Hudson City School District Outdoor Air Quality Protocol

The following protocol for modifications and/or restrictions of physical activity in schools may be followed based on Air Quality Index (AQI). Updated June 2023.

Air Quality and Physical Activity

All students with increased risk, if exposed to poor air quality, should be identified. This group includes all students with chronic lung disease (including asthma) and cardiac disease.

Verification of Air Quality

The superintendent or their designee will review the Air Quality Index established daily by the New York State Department of Environmental Conservation (NYSDEC) air quality report by visiting the website: https://www.dec.ny.gov/cfm/xtapps/aqi/aqi_forecast.cfm and transmitting this information to the appropriate district personnel (i.e. school nurses, administrators etc.). NYSDEC uses the Air Quality Index (AQI), a color-coded index designed to communicate whether air quality is healthy or unhealthy.

Steps to take to review your area's Air Quality Index:

- Click on https://www.dec.ny.gov/cfm/xtapps/aqi/aqi_forecast.cfm
- Review information provided for the "Upper Hudson Valley"

Air Quality Index

The American Lung Association modified the advisory section of the AirNow index:

Index Value	Name	Color	Advisory
0 to 50	Good	Green	None
51-100	Moderate	Yellow	Unusually sensitive individuals should consider limiting prolonged outdoor exertion.
101-150	Unhealthy for Sensitive Groups	Orange	Children, active adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.
151-200	Unhealthy	Red	Children, active adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else should limit prolonged outdoor exertion.
201-300	Very Unhealthy	Purple	Children, active adults, and people with respiratory disease, such as asthma, should avoid outdoor exertion; everyone else should limit outdoor exertion.
301-500	Hazardous	Maroon	Everyone should avoid all physical activity outdoors.



[NYSDEC Air Quality Index](#)

District Plan

The Centers for Disease Control and Prevention (CDC, www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm) states regular physical activity — at least 60 minutes each day — promotes health and fitness. The CDC also says there is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.

The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. This protocol will not segregate students (i.e.: If some students have to stay inside, all students must stay inside) unless the affected student's parent/guardian approves the plan for their child to stay indoors due to air quality when their classmates go outside.

Hudson City School District Plan	
Green	Nice day to go outside.
Yellow	Ok, to go outside and be active for recess/PE class. Watch for symptoms in students identified to have increased risk.
Orange	Ok, to go outside and be active for recess/PE class. Watch for symptoms in students identified to have increased risk.
Red	Take it easier when doing outside activities. Be active for shorter amounts of time outside.
Purple	It's a good day to play inside. If outdoor activities have to happen, plan for morning activities.
Maroon	Everyone should avoid all physical activity outside.

***Watch for Symptoms:** Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing and chest tightness. Even students who do not have asthma could experience these symptoms.

If symptoms occur: The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, seek immediate medical help.

Notification Procedure

In the event that air pollution levels exceed federal clean air standards, a health advisory or ozone warning is issued, or an air pollution episode is declared by the New York State Department of Health or by the local county/city health department – school administrators should:

- Alert teachers, staff, and all other site users regarding the implementation of health advisory; and
- Observe appropriate physical activity restrictions.

