

## Severe Heat & Humidity

Chico Area Recreation and Park District wants to ensure the safety and well-being of our participants and staff. In the case of extreme heat and humidity, CARD will take into consideration temperatures and heat index to determine if outdoor activity should be cancelled. If a program is cancelled, updates will be posted online as soon as possible.

CARD will monitor temperature and humidity from the National Weather Service at [www.weather.gov](http://www.weather.gov) and use these numbers to reference the heat index chart below.

The heat index, also known as the apparent temperature, is what the temperature feels like to the human body when relative humidity is combined with the air temperature. This has important considerations for the human body's comfort. When the body gets too hot, it begins to perspire or sweat to cool itself off.

For example, if the air temperature is 100°F and the relative humidity is 55%, the heat index will be 124°F. When the relative humidity is low, the apparent temperature can be lower than the air temperature.

Based on the above information obtained, program decisions will be made as followed:

Risk Level	Index Value	Outdoor Activity Guidelines
Low-Moderate	80-89	Programs may proceed with scheduled outdoor activity. Parents, coaches, volunteers, & staff will monitor participants.
Moderate	90-104	Use extreme caution when performing outside activities. Proper fluid intake, rest, & breaks will be increased during activity time. Water breaks will occur every 20-25 minutes & activity time may be reduced and/or modified.
High	105-114	Coaches, parents, volunteers, & staff need to use extreme caution. Water breaks will occur every 15 to 20 minutes. Cancellation or relocation of activities may be put into effect. Canceled activities will either be fully refunded or rescheduled.
Very High	115-130+	Cancellation or relocation to an indoor facility for all activities will be put into effect as this level is too extreme to accommodate physical activity, proper fluid intake, and body maintenance. Canceled activities will either be fully refunded or rescheduled.

## Air Quality Monitoring

Due to air quality fluctuation throughout the day, each program will update participants based on scheduled start time. If a program is canceled, updates will be posted online at [www.ChicoRec.gov/fields](http://www.ChicoRec.gov/fields) as soon as possible. Canceled activities will either be rescheduled or refunded.

**Parents:** Watch the smoke forecast and decide when to limit your child's activities. (If you do not wish for your child to spend time outdoors, please consider if the activity or program is the right choice for your family based on the air quality.)

CARD will monitor the Department of Environmental Quality (DEQ) Air Quality Index (AQI) for air quality decisions based on the chart below.

Air Quality Index	Value	Outdoor Activity Guidance
Green	0-50	Great day to be active outside! All programs are running as normal.
Yellow	51-100	Good day to be active outside. All programs running as normal period people who are unusually sensitive to air pollution experience symptoms.
Orange	101-150	It's OK to be active outside, especially for short activities. Outdoor programming will continue, and staff will modify to reduce physical intensity and/or duration.
Red	151-200	All youth and adult programming, including practices and games, that cannot be moved indoors will be cancelled.
Purple	201+	Closure of all outdoor programming, activities, and fields.

Monitor Symptoms
Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even people who do not have asthma could experience these symptoms. If symptoms occur, participants and/or staff should 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, get medical help.