



CARD






CHICO AREA RECREATION & PARK DISTRICT

Air Quality Monitoring

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

- 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.com/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.)

AIR QUALITY INDEX	VALUE OF	OUTDOOR ACTIVITY GUIDANCE
 GREEN	0 to 50	Great day to be active outside! All programs running as normal.
 YELLOW Moderate	51-100	Good day to be active outside. All programs running as normal. People who are unusually sensitive to air pollution experience symptoms.
 ORANGE Unhealthy for Sensitive Groups	101-150	It's OK to be active outside, especially for short activities. Outdoor programming will continue, and staff will modify to reduced physical intensity and/or duration.
 RED Unhealthy	151-200	All youth and adult programming, including practices and games, that cannot be moved indoors will be canceled.
 PURPLE Very Unhealthy	201 and above	Closure of all outdoor programming, activities and fields.

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 people who do not have asthma could experience these symptoms.

If symptoms occur, participant 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.