

# School Flag Program



Each day the school raises a colored flag to notify members of the school and the surrounding community of air quality conditions for that day.

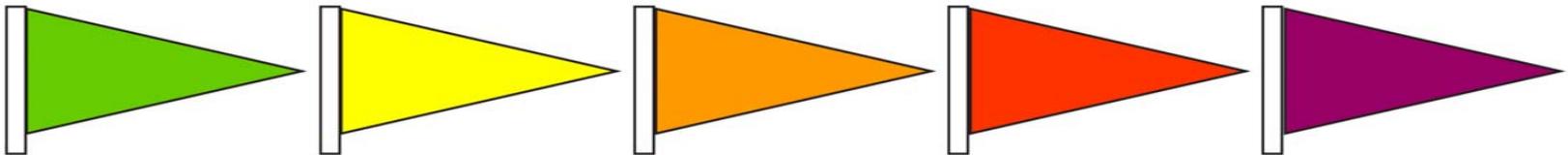
The colored flags correspond to the AQI and indicate how clean or polluted the air is and what health effects might be of concern.

The purpose of the flag program is to create public awareness of outdoor air quality conditions so school activities can be modified when air quality reaches an unhealthy level.



# Goals for the flag program

- Information on the AIRNow website
  - Fact sheet
  - Information on the flags
  - Recommendations for schools chart
  - Coordinators Handbook
  - List of schools or school systems using the flag program
- Increase number of flag programs across the US
- Raise awareness of air quality issues and the associated health effects
- Educate students, teachers, coaches and other caregivers to follow the recommendations when the air quality is unhealthy



# How to Start a Flag Program...

...in five easy steps

1. Select a flag program coordinator for each school
2. Purchase flags
3. Inform the school and surrounding community
4. Know the daily air quality forecast and fly the corresponding colored flag
5. Modify activities or take recommended actions when air quality is unhealthy



## Air Quality and Outdoor Activities: Recommendations for Schools

### Air Quality Index (AQI) Chart for Ozone (8-hr standard)

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
Recess (15 min)	No Restrictions	No Restrictions	Make indoor space available for children with asthma or other respiratory problems.	Any child who complains of difficulty breathing, or who has asthma or other respiratory problems, should be allowed to play indoors.	Restrict outdoor activities to light to moderate exercise.
P.E. (1 hr)	No Restrictions	No Restrictions	Make indoor space available for children with asthma or other respiratory problems.	Any child who complains of difficulty breathing, or who has asthma or other respiratory problems, should be allowed to play indoors.	Restrict outdoor activities to light to moderate exercise not to exceed one hour.
Scheduled Sporting Events	No Restrictions	Individuals who are unusually sensitive to ground-level ozone should limit intense activities.	Individuals with asthma or other respiratory or cardiovascular illness should increase rest periods and reduce activities to lower breathing rates.	Consideration should be given to rescheduling or relocating event.	Event should be rescheduled or relocated indoors.
Athletic Practice and Training (2 to 4 hrs)	No Restrictions	Individuals who are unusually sensitive to ground-level ozone should limit intense activities.	Individuals with asthma or other respiratory or cardiovascular illness should increase rest periods and reduce activities to lower breathing rates.	Activities over 2 hours should decrease intensity and duration. Add rest breaks or substitutions to lower breathing rates.	Sustained rigorous exercise for more than one hour must be rescheduled, moved indoors or discontinued.

# For Information, Contact...

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