

# KIS INTERNATIONAL SCHOOL

## Outdoor Air Quality Policy

### **Policy Statement**

At KIS we recognize the need for students to be outdoors, using their own free time actively and participating in the KIS PE, swimming and sports programme. As well as the obvious fitness benefits from being outside, it is well known that students are better focused, have more energy and perform better in class after a break. Experts suggest 60-90 minutes per day depending on the age of the child, the American Centre for Disease Control (CDC) recommends aiming for one hour. Unfortunately the air quality outside does not always support the health benefits of being outside and for this reason KIS has developed an air quality policy to ensure students are safe when playing outdoors. As such KIS will check the air quality index (AQI) on campus on a regular basis and use the CDC and US Environmental protection Agency information to guide our practice and decision making.

This policy refers to students, staff and volunteers, Staff who are outdoors for prolonged periods may want to consider wearing a mask.

### **Monitoring Air Quality**

Each morning, and throughout the day the air quality will be checked using the Air quality Index (AQI) measuring devices located on campus. Decisions will be made regarding outdoor activity and the air quality index, all staff and community members will follow the guidelines in the chart below to support the decision making process. AQI and the related guidelines will be posted for staff and students to read and follow, staff will have access to more regular updates as and when required.

The policy may at times cause inconveniences such as the cancellation of sporting events, training sessions and field trips. These decisions will not be taken lightly, and will follow the policy recommendations. Parents, staff and students will be notified as soon as possible regarding any programme changes.

### **Adding and Removing Students from the Respiratory Ailments Lists**

*The list of sensitive students has been divided into two categories:*

1. Sensitive - having minor/less serious, ailments and sensitivity to changes in the air quality
2. Identified and pre-existing serious and/or chronic pulmonary or respiratory ailments or disease

The SEA department, health division, maintain and update the list of students who are in either of the above mentioned categories. To add a student to the list a doctor's note is required, stating that the child's respiratory symptoms will be irritated when exposed to high AQI levels, or for category 2, an explanation of the illness, and how we can support the student in school. It is important that the school nurse be aware of any medications or inhalers your child may need to use, and that the medication policy is followed.

To remove a student from the list please email the SEA department. The list will be updated and circulated after any additions or changes to the list are made. Parents may want to consider having their child wear a mask outdoors to protect and alleviate concerns.

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## KIS Air Quality Explanations

AQI	Outdoor Activity Guidance
(0-100)	<ul style="list-style-type: none"> <li>● Great day to be active outside, no restrictions needed at this level</li> </ul>
(101-150)	<ul style="list-style-type: none"> <li>● It's OK to be active outside, especially for short activities such as recess and physical education (PE).</li> <li>● For longer and more strenuous activities such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.</li> <li>● Students registered as being sensitive should limit active play and sit at the benches outside the canteen if needing rest.</li> </ul>
(151-170)	<ul style="list-style-type: none"> <li>● 151 - 170 - For all outdoor activities, avoid prolonged or heavy exertion, take more breaks during outdoor activities, limit to 20 minute sessions. Students registered as being sensitive should be encouraged to sit quietly in the seating area. Students with chronic pulmonary disease and serious respiratory ailments should remain indoors.</li> <li>● 151-200 - Sports coaching practices and matches may continue with modifications as necessary.</li> </ul>
+ (170-200)	<ul style="list-style-type: none"> <li>● 170+ - Early Years students and students registered as being sensitive should remain indoors.</li> </ul>
(201-300)	<ul style="list-style-type: none"> <li>● Move all activities indoors or reschedule them to another day.</li> <li>● Games and inter-school outdoor activities cancelled.</li> </ul>
300+	<ul style="list-style-type: none"> <li>● All students and staff will remain indoors unless moving between buildings.</li> <li>● Additional Safety instructions will be given depending on the situation.</li> </ul>

\*\*This policy refers to students, staff and volunteers. Staff who are outdoors for prolonged periods may want to consider wearing a mask.

\*\*The Hazards of Air Pollution- Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. KIS will keep an active list of those more prone to experiencing symptoms and monitoring specifically. Students feeling asthma-type symptoms may need to take a break, do a less intense activity, stop activity, go indoors, or use quick-relief medicine as prescribed by the doctor via the school nurse. If symptoms don't improve, the school nurse will provide help and contact parents regarding further care. Parents may want to consider having their child wear a mask outdoors to protect and alleviate concerns.