

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 and activities programmes. 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 outdoor air quality does not always support the health benefits of being outside and for this reason KIS has developed an outdoor air quality policy to ensure students are safe when playing outdoors, and indoors when the air quality is unsuitable.

Rationale

In order to ensure the health, safety and comfort of students and community members when participating in play and other outdoor activities regular daily checks and monitoring of the air quality index (AQI) on campus will be conducted. On campus monitoring devices will be used to support decision making and data will be shared with the community, and procedures followed. Data and information is gathered from the Centre for Disease control (CDC) and the US Environmental Protection Agency to inform and guide our policy, practice and decision making. This policy refers to students, staff and volunteers.

Procedure Regarding Monitoring Air Quality (AQI)

Each morning, and throughout the day the air quality will be checked using the Air Quality Index (AQI) measuring devices located on campus. Readings will be shared four times per day (7:15am, 9:15am, 11:15am and 1:15 pm) from the Head of School's office, data can also be accessed on the KIS web portal, on the iPad outside the canteen and the measuring devices on campus. People who are outside more frequently i.e. PE teachers, Coaches, Early Years staff should check more regularly in relation to their programmes. Decisions will be made regarding outdoor activity using the air quality index, and the KIS Outdoor Activity AQI chart. All staff and community members will follow the guidelines on 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.

Masks may be worn by community members to help protect against the intake of unhealthy air. The type of mask, and how masks should be worn to provide the best benefits will be

shared with the community.

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.

Respiratory Ailments Lists

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. Students with specific respiratory disorders, and other ailments affected by air quality can be placed on the Respiratory Ailments List. These students are classified as "Sensitive" and have lower thresholds regarding AQI expectations.

Adding and Removing Students from the Lists

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

1. Sensitive Respiratory (SR) - having minor/less serious, ailments and sensitivity to changes in the air quality
2. Serious Pre Existing Conditions (SPEC) - Identified and pre-existing serious and/or chronic pulmonary or respiratory ailments or disease

The SEA department, health division, maintains and updates 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.

Adopted: May 2018, February 2020

KIS Air Quality Explanations

AQI	Outdoor Activity Guidance
(0-100)	<ul style="list-style-type: none"> ● Great day to be active outside, no restrictions needed at this level
(101-150)	<ul style="list-style-type: none"> ● It's OK to be active outside, especially for short activities such as recess and physical education (PE). ● 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. ● Students registered as being sensitive should limit active play and sit at the benches outside the canteen if needing rest.
(151-170)	<ul style="list-style-type: none"> ● 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 (1. SR) should be encouraged to sit quietly in the seating area. Students with chronic pulmonary disease and serious respiratory ailments should remain indoors (2. spec). ● 151-200 - Sports coaching practices and matches may continue with modifications as necessary.
+ (170-200)	<ul style="list-style-type: none"> ● 170+ - Early Years students and students registered as being sensitive (1.SR) should remain indoors.
(201-300)	<ul style="list-style-type: none"> ● Move all activities indoors or reschedule them to another day. ● Games and inter-school outdoor activities cancelled.
300+	<ul style="list-style-type: none"> ● All students and staff will remain indoors unless moving between buildings. ● Additional Safety instructions will be given depending on the situation.