

Post Oak School Guidelines for Poor-Air-Quality Days using Air Quality Index (AQI) for ozone (8-hour 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	All children should discontinue prolonged outdoor exertion.	All children should discontinue prolonged outdoor exertion.	All children should discontinue prolonged outdoor exertion.
P.F. (1 hour)	No restrictions	No restrictions	All children should discontinue prolonged outdoor exertion.	All children should discontinue prolonged outdoor exertion.	All children should discontinue prolonged outdoor exertion.
Sporting events, practices, and training sessions (2-4 hours)	No restrictions	Exceptionally sensitive individuals should limit intense activities.	All outdoor sports practices and athletic competitions should be rescheduled.	All outdoor sports practices and athletic competitions should be rescheduled.	All outdoor sports practices and athletic competitions should be rescheduled.

Note: All guidelines are cumulative (left to right and top to bottom) as duration and intensity of activities increase.

Ozone levels are measured in parts per billion.

Ozone is a form of oxygen with three atoms instead of the usual two atoms. At ground level, it is the main component of smog. Unlike other gaseous pollutants, ozone is not emitted directly into the atmosphere. Instead, it is created in the atmosphere by the action of sunlight on volatile organic compounds and nitrogen oxides.

In Texas, higher levels of ozone usually occur on sunny days with light winds, primarily from March through October. An **ozone exceedance day** is counted if the measured eight-hour average ozone concentration exceeds the standards.

The Post Oak School uses air quality readings from the Bayland Park monitoring station as its reference point for these decisions: to see live data on the web, visit

http://www.tceq.state.tx.us/cgi-bin/compliance/monops/daily_summary.pl?cams=53

Thanks to TCEQ (The Texas Commission on Environmental Quality) and TRAIL (Texas Records and Information Locator) for making this information freely available.

