



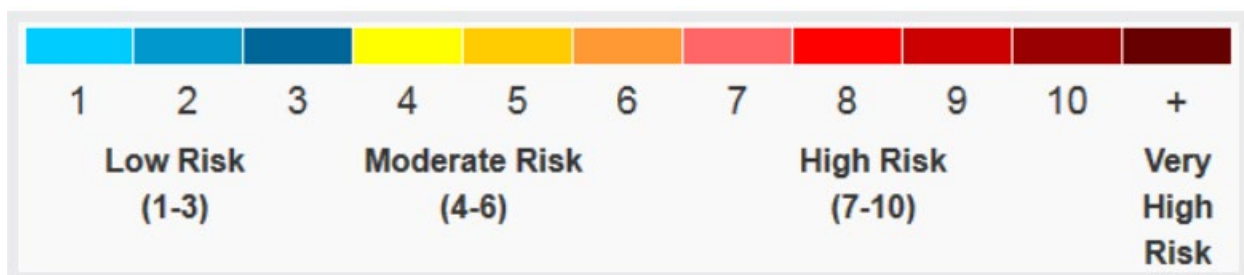
Air Quality Information: Medicine Hat Catholic Board of Education

Our local weather can prove to be challenging at times, especially for planned school activities. Student safety is always our top priority, and we are committed to working with parents to always create safe conditions for our students and for all activities. I ask that you review these guidelines below so that you are aware of the actions needed at each stage.

Air Quality Restrictions for Outdoor Activities

Air Quality Health Index (AQHI) is defined and measured by Environment Canada. Below are the recommended restrictions for outdoor activities related to air quality:

AIR QUALITY HEALTH INDEX		
1-3	Low health risk	Continue as normal
4-6	Moderate health risk	Consider restricting levels of activities. Reduce the intensity and duration of any strenuous activities. Provide resting periods. Consider indoor recess for students with health issues that may be impacted by air quality.
7-10	High health risk	Reschedule strenuous activities outdoors. Consider indoor recess and lunch supervision for all students.
10+	Very high health risk	Avoid strenuous activities outdoors in totality. Recess and lunch break should be indoors.



Note: Principals should make decisions based on local conditions. The following link provides detailed measurements for air quality in Alberta, and is updated hourly:

[Medicine Hat Air Quality Health Index](#)