



THE SOUTH MOUNTAIN YMCA CAMPS AIR QUALITY AND ACTIVITIES PLAN



At the South Mountain YMCA Camps, our programs occur primarily in the outdoor setting which may cause concern during compromising air quality events. The table below shows when and how we plan to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children and Staff. Especially those who are sensitive to air pollution. Check the air quality daily at www.airnow.gov.

Air Quality Index	Who Needs to be Concerned?	How We Modify Program
GOOD (0-50)	Great Day to be active outside!	N/A
MODERATE (51-100)	Good day to be outside! Campers who are unusually sensitive to air pollution could have symptoms. See the Nurse.	Camp activities run as usual.
UNHEALTHY FOR SENSITIVE GROUPS (101-150)	Kids and people who have heart or lung disease. Outdoor workers.	Camp Activities run as usual. Make outdoor activities shorter and less intense. It's OK to be active outdoors, but take more breaks. Watch for symptoms such as coughing or shortness of breath. Campers with asthma should follow action plan and have medicine ready. All should see the nurse if experiencing symptoms.
UNHEALTHY (151-300)	Everyone	Reduce or avoid long or intense activities. Take more breaks during outdoor activities. Consider moving activities inside. Monitor for symptoms. Masks available upon request.
VERY UNHEALTHY 301+	Everyone	Avoid all physical activity outdoors. Remain indoors and keep activity levels low. Masks available upon request

*Note: On Camp, There are a few large facilities that have air conditioning. We will be able to utilize these spaces if necessary. For places that do not have air conditioning such as cabins and the program center, we will monitor the temperature so it does not get too hot if we have to stay indoors.