

Arrangements for SSP Activities under Air Quality Health Index (AQHI)

Health Risk Category	AQHI	Arrangements 「✓」 denotes the activity to be held as scheduled under safety conditions; 「✕」 denotes cancellation of the activity)		
		Land Sports		Water Sports
		Indoor Activity	Outdoor Activity / Outdoor Pursuit Activity	
High	7	✓	✓ ●Reduce outdoor physical exertion ●Reduce the time of staying outdoors ●The intensity and duration of the activities could be at moderate level	✓ ●Reduce outdoor physical exertion ●Reduce the time of staying outdoors ●The intensity and duration of the activities could be at moderate level
Very High	8-10	✓	✓ ●Reduce to the minimum outdoor physical exertion ●Reduce to the minimum the time of staying outdoors ●The intensity and duration of the activities could be at moderate-to-low level	✓ ●Reduce to the minimum outdoor physical exertion ●Reduce to the minimum the time of staying outdoors ●The intensity and duration of the activities could be at moderate-to-low level
Serious	10+	✓ ●Avoid indoor physical exertion –Arrangement for non-physical exertion activities (See Note 6) –Arrangement for training course (See Note 7) –Arrangement for competition (See Note 8-9)	✕	✕

Note:

1. The AQHI of lower than 10 (i.e. at High or Very High level, all activities should be run as scheduled).
 2. The tolerability to different levels of intensity of physical/sports activity varies among people. In general, it depends on health condition, previous exercise experience and level of physical fitness of individuals.
 3. The medical advice for school children with pre-existing heart, respiratory or chronic illnesses should be followed, if any, for activities arrangement. Professional judgment for appropriate arrangement and adjustment should be exercised where necessary.
 4. School children with heart, respiratory or chronic illnesses are advised to **reduce to the minimum** outdoor physical exertion and the time of staying outdoors, especially in areas with heavy traffic, and take more breaks during physical activities when the health risk category reaches high level, i.e. AQHI is at 7; they should **avoid** physical exertion and staying outdoors, especially in areas with heavy traffic when the health risk category reaches very high level or above, i.e. AQHI is at 8 or above.
 5. When AQHI reaches 10+, schools children are advised to **avoid** indoor, outdoor and outdoor pursuit physical exertion, and to **avoid** staying outdoors, especially in areas with heavy traffic.
 6. Indoor activities without physical exertion such as sport talks, theoretical learning of training courses are held as scheduled.
 7. All indoor training courses with physical exertion will be **suspended** when the AQHI reaches 10+ at the affected district where the activities are organised. Alternatively, non-physical exertion activities such as sport talks, theoretical learning of training courses may be arranged during that period of time. Instructors can liaise with school teachers to **cancel or postpone** those physical exertion activities, if necessary.
 8. Competitions held at indoor sports venues will be **stopped** immediately when the AQHI reaches 10+ at the affected district where the activities are organised.
 9. If the AQHI reaches 10+ two hours before the commencement of the competition event at the affected district where the activities are organised, the activity will be **cancelled**.
 10. Teachers and coaches are advised to keep posted of the latest weather information on the AQHI and take account of the advice from the above mentioned respective response actions.
 11. This guideline should be read in conjunction with the letter issued by Education Bureau (EDB) dated 18 December 2013 on AQHI and EDB's "Guidelines on Outdoor Activities".
- (Prepared by the School Sports Programme Unit of the LCSD in April 2019)