



RONALD W. NOCETTI, EXECUTIVE DIRECTOR

V.C.3.

# CALIFORNIA INTERSCHOLASTIC FEDERATION

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**To: Federated Council**

**Date: February 29, 2024**

**Re: Bylaw 503.K.(2) - Air Quality Index Protocol**

## **Proposal Reviewed**

08/30/2023 - Executive Committee  
09/05/2023 - Commissioners Committee  
10/24/2023 - Sports Medicine Advisory Committee  
10/26/2023 - Commissioners Committee  
11/01/2023 - Executive Committee  
02/01/2024 - Executive Committee  
02/02/2024 - Federated Council  
04/05/2024 - Federated Council

## **Proposal Status**

Discussion Item  
Discussion Item  
Discussion Item  
Discussion Item  
First Reading Item  
Action Item - Passed Unanimously  
First Reading Item  
Action Item

**Type:** Bylaw Addition

**Summary:** The council will be presented with the proposed addition of this Bylaw which would require schools to postpone or cancel practices and/or competitions due to an unhealthy air quality level of 151 or higher.

**Fiscal Impact:** The only fiscal impact would be if schools choose to purchase an Air Quality Index measurement device for their campus. This is not a requirement for this Bylaw.

**Background:** Even healthy athletes are at increased risk for inhaling pollutants in the air. Physical activity increases ventilation and the number of pollutants that are inhaled is increased compared to periods of rest. These risks are increased if an athlete has a pre-existing medical condition such as asthma or a cardiac condition.



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## 503.K.(2) Air Quality Index Protocol

- a. All CIF member schools must refrain from outdoor practice and/or competition when the Air Quality Index is 151 or higher. Schools may use readings for their local area obtained through [www.airnow.gov](http://www.airnow.gov) or a measurement device located outdoors on their physical campus.

*Q: One of my student-athletes sometimes experiences leg cramps during practices and/or games but then they go away with rest and stretching. Do I have to hold her out from the rest of that practice or game? Does she need to see her physician before she can return to play?*

A: Muscle cramps may be an early sign of heat illness and can be evaluated and managed with rest, stretching and oral fluids including electrolyte drinks. If the cramps are not associated with any other signs and symptoms of heat illness and resolved promptly, then the athlete could return to practice or competition and would not require clearance from a licensed healthcare provider. BUT, if any signs and symptoms of heat illness exist alongside heat cramps, then yes, she would need to be cleared by her physician before returning to play. AND, if she continues to experience recurrent muscle cramps, have her see your school's athletic trainer who can evaluate further. If there's no athletic trainer available at your school, your athlete should get a medical evaluation from her physician. Please visit [https://cifstate.org/sports-medicine/heat\\_illness/index](https://cifstate.org/sports-medicine/heat_illness/index) for more information on this topic. (Editorial May 2020)

*Q: Is there more information available about precautions related to Air Quality Index (AQI)?*

A: Yes. Go to the Sports Medicine – Air Quality page at [www.cifstate.org](http://www.cifstate.org) for other resources and best practices related to AQI.

*Q: What is meant by licensed health care provider?*

A: The scope of practice for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

*Q: May nurse practitioners (NP) or physician assistants (PA) provide written clearance to return to play?*

A: Yes, a nurse practitioner (NP) or physicians assistant (PA) working under the direct supervision of a medical doctor (MD) or doctor of osteopathy (DO) may provide clearance for return to play. (Editorial May 2020)

(Approved January 2019 Federated Council)