

雾霾天学校体育活动指南

AQI 数据	AQI 级别	AQI类别及表示颜色		体育活动安排
0~50	等级一	优	绿色	- 所有户外体育活动，体育课，训练和比赛照常。
51~100	等级二	良	黄色	- 户外体育活动、体育课、训练和比赛照常，有呼吸系统疾病或出现由空气污染引起的不适的学生（症状如皮肤过敏、眼睛发炎、打喷嚏和咳嗽等），应暂停体育活动。
101~150	等级三	轻度污染	橙色	- 户外体育活动、体育课、训练和比赛照常，但避免高强度的活动。有呼吸道疾病或出现由空气污染引起不适的学生（症状如皮肤过敏、眼睛发炎、打喷嚏或咳嗽等），如果他们感觉不适，应该留在室内。
151~200	等级四	重中污染	红色	- 可以进行户外体育活动、体育课，但仅限进行技术性教学。有呼吸系统疾病或出现由空气污染引起的不适的学生（症状如皮肤过敏、眼睛发炎、打喷嚏和咳嗽等），如果他们感觉不适，应该留在室内。
201~300	等级五	重度污染	紫色	- 体育课按照雨天体育课方案执行，更改在室内体育馆进行，且避免高强度运动。运动队训练和体育活动一律取消。
大于300	等级六	严重污染	褐红色	- 停止所有室内和室外的体育活动，体育课安排在教室进行理论授课或者室内体育项目。运动队训练和体育活动一律取消。

备注：

- 1、有呼吸道疾病或对空气污染有过敏反应的学生，可由其家长在体育课或训练、活动前向学校提出申请，免除体育活动，其体育课由各学段安排室内自修。
- 2、每天空气质量指数和相关等级体育课安排，由各学段，通过电子屏幕在每天8点和中午12点各发布一次，告知相关部门和学生。

3、上述数据来源，以上海市环境检测中心网站：

<http://www.sem.gov.cn/home/index.aspx> 发布的信息为准，活动建议参照该网站“空气质量指数（AQI）分级相关信息”制定。相关部门教师和学生家长，建议手机下载 APP“上海空气质量”，实时掌握空气质量数据。

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AQI Reading¹	Air Quality	Advice to schools during regular activities
0~50	Level 1	<ul style="list-style-type: none">• Outdoor physical activities, physical education lessons, sports and games to continue as usual.
51~100	Level 2	<ul style="list-style-type: none">• Outdoor physical activities, physical education lessons, sports and games to continue as usual, except for students with respiratory illnesses and haze-related symptoms such as skin irritations, eye irritations, sneezing and coughing.
101~150	Level 3	<ul style="list-style-type: none">• Outdoor physical activities, physical education lessons, sports and games to continue as usual, but avoid high intensity activities. Students with respiratory illnesses and haze-related symptoms such as skin irritations, eye irritations, sneezing and coughing should stay in the classroom if they feel uncomfortable.
151~200	Level 4	<ul style="list-style-type: none">• Only technique teaching can be allowed for outdoor physical activities, physical education lessons. Students with respiratory illnesses and haze-related symptoms such as skin irritations, eye irritations, sneezing and coughing should stay in the classroom if they feel uncomfortable.
201~300	Level 5	<ul style="list-style-type: none">• Outdoor physical activities, physical education lessons, sports and games to be cancelled.• Physical education lessons to be conducted indoors and avoid high intensity activities.
Above 300	Level 6	<ul style="list-style-type: none">• All physical activities, both indoor and outdoor, to be suspended. Students should stay in the classroom.

¹ Information on AQI can be obtained from SEMC the following website:

<http://www.semc.com.cn/aqi/home/Index.aspx>