

Activity Guidelines for Wildfire Smoke Events

Recommendations for Schools and Others Responsible for Children during a Wildfire Smoke Event

Activity	GOOD	MODERATE	UNHEALTHY FOR Sensitive Groups *	UNHEALTHY	VERY UNHEALTHY/HAZARDOUS
Recess (15 minutes)	No restrictions	No restrictions	Keep children with asthma or other respiratory problems indoors. Make indoor space available for all children.	Keep all children indoors.	Keep all children indoors.
P.E. (1 hour)	No restrictions	Monitor kids with asthma or other respiratory problems and limit their vigorous activities.	Keep children with asthma or other respiratory problems indoors. Make indoor space available for all children. If outdoors, limit vigorous activities. Individuals with asthma or other respiratory illness should be medically managing their condition.	Conduct P.E. indoors. If outdoors, only allow light activities for all participants. Individuals with asthma or other respiratory illness should be medically managing their condition.	Keep all children indoors.
Scheduled Sporting Events	No restrictions	Monitor kids with asthma or other respiratory problems and limit their vigorous activities.	Individuals with asthma or other respiratory illness should be medically managing their condition. Increase rest periods and substitutions for all participants to lower breathing rates.	Consider rescheduling or relocating event.	Reschedule or relocate event.
Athletic Practice, Training & Games (2-4 hours)	No restrictions	Monitor kids with asthma or other respiratory problems and limit their vigorous activities.	Individuals with asthma or other respiratory illness should be medically managing their condition. Increase rest periods and substitutions for all participants to lower breathing rates.	Conduct practice and games indoors. If outdoors, allow only light activities for all participants. Add rest breaks or substitutions to lower breathing rates. Individuals with asthma or other respiratory illness should be medically managing their condition.	Conduct practice and games indoors only.
Examples of light activities: <ul style="list-style-type: none"> • Walking slowly on level ground • Carrying school books • Hanging out with friends 		Examples of moderate activities: <ul style="list-style-type: none"> • Skateboarding • Slow pitch softball • Shooting basketballs 		Examples of vigorous activities: <ul style="list-style-type: none"> • Running, jogging • Playing football, soccer, and basketball 	

* If your child has lung or heart problems he or she may be more sensitive to air pollution and it is recommended that you talk with a doctor about his or her condition.



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