

Activity Guidelines for Wildfire Smoke Events

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

Activity	GOOD (10+ miles visibility)	MODERATE (6 - 10 miles visibility)	UNHEALTHY FOR Sensitive Groups * (3 - 6 miles visibility)	UNHEALTHY (1.5 - 3 miles visibility)	VERY UNHEALTHY / HAZARDOUS (<1.5 miles visibility)
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:		Examples of moderate activities:		Examples of vigorous activities:	
<ul style="list-style-type: none"> • Walking slowly on level ground • Carrying school books • Hanging out with friends 		<ul style="list-style-type: none"> • Skateboarding • Slow pitch softball • Shooting basketballs 		<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.

How to estimate air quality based on visibility for areas without an air quality monitor or airport visibility estimate:

1. Face away from the sun.
2. Determine the limit of your visible range by looking for targets at known distances (miles).
3. Visible range is when an object you can easily see in the distance disappears.
4. Use the visibility values above to determine the local wildfire smoke category.



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