

Outdoor Activity & Air Quality Guidelines for Schools and Child Care Facilities					
Health Effect Category	Good	Moderate	Unhealthy for sensitive groups*	Unhealthy	Very Unhealthy/ Hazardous
Visibility (miles)	13+	9-13	5-9	2-5	Less than 2
Air Quality Index (AQI)	0-50	51 - 100	101 - 150	151 - 200	201 +
Recess or Other Outdoor Activity (15-30 minutes)	No limitations	No limitations	Keep students with chronic lung or heart conditions indoors. Make indoor space available for all children to be active, especially young children.	Keep all students indoors and limit students to light or moderate activities.	Keep all students indoors and limit students to light activities.
Physical Education Class (1 hour)	No limitations	Monitor sensitive groups and limit their vigorous activities.	Keep students with chronic lung or heart conditions indoors. Limit these students to light activities.  Make indoor space available for all students to be active, especially young children. If outdoors, limit students to light or moderate activities.	Conduct P.E. classes in an indoor environment with good air quality and limit students to light or moderate activities.	Conduct P.E. classes in an indoor environment with good air quality and limit students to light activities.
Athletic Events and Practices (2-4 hours)	No limitations	Monitor sensitive groups and limit their vigorous activities.	Students with chronic lung or heart conditions should abstain from outdoor practices and events based on the severity of their condition and sensitivity to smoke.  Consider moving practice and events indoors. If events are not cancelled, increase rest periods and substitutions to allow for lower breathing rates.	Reschedule events or relocate to an area with good air quality. Conduct practices in an indoor environment with good air quality and limit students to light activities.	Reschedule/cancel events. Conduct practices in an indoor environment with good air quality and limit students to light activities.

Visit [todaysair.mtdeq.us](http://todaysair.mtdeq.us) for local air quality conditions and more information.

### Examples of Activities

**Light Activities:** Walking, stretching, playing board/card games, dancing slowly

**Moderate Activities:** Yoga, gymnastics, shooting basketballs, skateboarding, weight training, hiking, biking, golfing

**Vigorous Activities:** Running/jogging, basketball, football, soccer, swimming, cheerleading, and wheeling your wheelchair

*† Please note that the intensity of an activity can vary by person and ability.*

### \*For the purpose of this document, sensitive groups include:

- Children (ages 0-17 years):** Children may be more sensitive to air pollution as their lungs are still developing and they may have an unknown underlying health condition.
- People with chronic conditions:** People with chronic conditions, such as asthma or another respiratory disease, or cardiovascular disease, may be more sensitive to air pollution and should talk with their healthcare provider about managing their condition. People with chronic conditions should be medically managing their condition during air quality that is unhealthy for sensitive groups or worse. Students with asthma should be following their Asthma Action Plan in all conditions.
- Pregnant women:** During pregnancy, changes to a woman's body may increase vulnerability to environmental exposures. Additionally, during critical windows of human development, a pregnant woman's prolonged exposure to wildfire smoke may harm the developing baby.
- Older adults:** Older adults are at increased risk of health effects from short-term exposures to wildfire smoke because of their higher prevalence of pre-existing lung and heart diseases.



