

Recommendations for Schools and Others on Poor Air Quality Days

Note: All guidelines are cumulative (left to right and top to bottom) as duration and intensity of activities increase

Activity	0 – 50 Good	51 – 100 Moderate	101 – 150 Unhealthy for Sensitive Groups	151 – 200 Unhealthy	201 – 300 Very Unhealthy
Recess (15 min)	No Restrictions	No Restrictions	Make indoor space available for children with asthma or other respiratory problems.	Any child who complains of difficulty breathing, or who has asthma or other respiratory problems, should be allowed to play indoors.	Restrict outdoor activities to light to moderate exercise.
P.E. (1 hr)	No Restrictions	No Restrictions	Make indoor space available for children with asthma or other respiratory problems.	Any child who complains of difficulty breathing, or who has asthma or other respiratory problems, should be allowed to play indoors.	Restrict outdoor activities to light to moderate exercise not to exceed one hour.
Scheduled Sporting Events	No Restrictions	Exceptionally sensitive individuals should limit intense activities.	Individuals with asthma or other respiratory/ cardiovascular illness should be medically managing their condition. Increase rest periods and substitutions to lower breathing rates.	Consideration should be given to rescheduling or relocating event.	Event should be rescheduled or relocated.
Athletic Practice & Training (2 – 4 hrs)	No Restrictions	Exceptionally sensitive individuals should limit intense activities	Individuals with asthma or other respiratory/ cardiovascular illness should be medically managing their condition. Increase rest periods and substitutions to lower breathing rates.	Activities over 2 hours should decrease intensity and duration. Add rest breaks or substitutions to lower breathing rates.	Sustained rigorous exercise for more than one hour must be rescheduled, moved indoors or discontinued.



Idaho Department of Environmental Quality
 Boise Regional Office
 1445 N Orchard
 Boise, Idaho 83706
 208-373-0550

<http://www.deq.idaho.gov/air/aqindex.cfm>

