

Middleton-Cross Plains Area School District Air Quality and Outdoor Activities Guidelines for Schools

ACTIVITY	0 to 50	51 TO 100 MODERATE	101 to 150 UNHEALTHY FOR SENSITIVE GROUPS	151 to 200 UNHEALTHY	201 to 300 VERY UNHEALTHY
Recess (15 to 30 minutes)	No Restrictions	No Restrictions	When students are having asthma exacerbations, cardiovascular or other respiratory issues, or if parents request that their students stay indoors, indoor space needs to be made available.	All students should be kept indoors.	All students should be kept indoors.
P.E. (1 hour)	No Restrictions	No Restrictions	When students are having asthma exacerbations, cardiovascular or other respiratory issues, or if parents request that their students stay indoors, indoor space needs to be made available.	All students should be kept indoors.	All students should be kept indoors.
Scheduled Sporting Events	No Restrictions	Individuals who are unusually sensitive to ozone and/or fine particles should limit intense activities.	Coaches need to be aware that students with asthma, or other respiratory or cardiovascular illness, may need to increase rest periods and reduce activities that cause breathing difficulties.	Consideration should be given to rescheduling or relocating event.	Event should be rescheduled or relocated indoors.
Athletic Practice and Training (2 to 4 hours)	No Restrictions	Individuals who are unusually sensitive to ozone and/or fine particles should limit intense activities.	Coaches need to be aware that students with asthma, or other respiratory or cardiovascular illness, may need to increase rest periods and reduce activities that cause breathing difficulties.	Activities over 2 hours should decrease in 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.
Any student who has difficulty breathing should be allowed indoors.					