

Solutions for Physical Education and Recess on High Ozone Days

It is important to remember that ozone affects each child differently. Therefore, the best way to monitor activities during times of elevated exposure to ozone is to have children monitor and report any symptoms that might be related to ozone. If a child is particularly affected by ozone, or has been in the past, take steps to ensure that their exposure or activity level is reduced to decrease the chance of symptoms.

Purple Days:

Move activities inside

On **Red or Orange Days**, it is possible to reduce the risk of breathing problems by reducing exposure (either lowering the intensity of the activity or reduce the time exposed). **Always watch children carefully for signs of distress and ensure ready access to medications for kids with asthma.**

Possible Ways to Reduce Risk:

- 1) Reduce intensity of the activities:
 - a. Switch out players more often during practice and games
 - b. Focus on skill development versus endurance training
 - c. Alternate endurance activities with skills development
 - d. Take frequent rest and water breaks
- 2) Spend part of practice indoors and part outdoors
- 3) Split practice into two parts: one before and one after school
- 4) During weeks or months of high ozone, move practices to before school
- 5) Shorten the length of practices
- 6) Move inside when practical