


Handout E07-1: What Will We Do with PE Class?



Decision making recommendations during wildfire season for

Outdoor Sporting Events

based on visibility and air quality

Health Effect Category*	Visibility†	Recommendation
Good	13.4 miles and up	Hold outdoor sporting events as usual. Athletes with asthma should keep rescue inhalers at hand. Athletes with other smoke related sensitivities should take precautions as symptoms dictate.
Moderate/ Unhealthy for Sensitive Groups	5.1 to 13.3 miles	Hold outdoor sporting events as usual. Athletes with asthma should have rescue inhalers readily available and pretreat before exercise as directed by their healthcare provider. All athletes with respiratory illness should limit outdoor activity, monitor symptoms and reduce/cease activity if symptoms arise.
Unhealthy	2.2 to 5.0 miles	Consider postponing/delaying outdoor sporting events, especially high exertion activities like soccer and track and field. If possible, move athletic practices indoors. If event/practice is held, athletes with asthma or other respiratory illnesses are advised not to participate. All athletes should limit their outdoor activity for prolonged periods of time.
Very Unhealthy	1.3 to 2.1 miles	Consider postponing/delaying all outdoor sporting events. Move all athletic practices indoors. All athletes with asthma and other respiratory illnesses are advised to stay indoors. All others should avoid prolonged exertion outdoors.
Hazardous	1.3 miles or less	Cancel all outdoor sporting events or relocate to an indoor location. Move all athletic practices indoors.

At all times, athletes experiencing respiratory symptoms should consult their personal healthcare provider

*Visibility: How far can you see? To figure this out:

1. Face away from the sun.
2. Look for landmarks at a known distance from you.
3. If you can't see a landmark, then you know that visibility is less than that distance.

Source: <http://www.missoulacounty.us/home/showdocument?id=5543>