

Asthma and Exercise

General Guidelines when there is no Asthma Action Plan

Peak Flow Meter Zone	Modification
All Students with Asthma	<ol style="list-style-type: none"> 1. Pre-medicate as prescribed by physician 2. Ensure that rescue medication is readily available 3. Ensure long warm-up and cool-down 4. Monitor the environment for potential triggers (change environments if necessary) 5. Permit student to monitor breathing status using a Peak Flow Meter
Green (80 – 100%)	<ol style="list-style-type: none"> 1. No Modifications required 2. Full participation in all activities
Yellow (50 – 79%)	<ol style="list-style-type: none"> 1. Have students take medication as directed by their Asthma Action Plans 2. Consider activities that involve stopping and starting or a warm moist environment 3. Provide appropriate activity modifications, including rest periods and/or lower intensity of activity
Red (0 – 49%)	<ol style="list-style-type: none"> 1. Stop activity 2. Follow emergency asthma plan 3. Help athlete use inhaled medication 4. Call 911 if athlete does not improve