

# Recommendations for Outdoor Activities based on Air Quality

For schools and childcare facilities - adapted from the recommendations chart provided by Montana DEQ

Health Effect Category	Good	Moderate	Unhealthy for sensitive groups	Unhealthy	Very Unhealthy/ Hazardous
Visibility (miles)	13+	9-13	5-9	2-5	Less than 2
NowCast concentration ug/m <sup>3</sup>	≤12	12-35	35-55	55-150	150 +
Recess	No limitations	No limitations	Make indoor space available for all children to be active, especially young children. If outdoors, limit vigorous activities.	Keep all children indoors.	Keep all children indoors.
Physical Education	No limitations	Monitor sensitive groups and limit their physical activities.	Make indoor space available for all children to be active, especially young children. If outdoors, limit vigorous activities.	Conduct P.E. indoors. If outdoors, only allow light activities for all participants. People with chronic conditions should be medically managing their condition.	Conduct P.E. in a safe (good air quality) indoor environment.
Practice/training	No limitations	Monitor sensitive groups and limit their physical activities.	People with chronic conditions should be medically managing their condition. Increase rest and substitutions for all participants to lower breathing rates.	Conduct practice and trainings indoors. If outdoors, only allow light activities for all participants. People with chronic conditions should be medically managing their condition.	Conduct practice and trainings in a safe (good air quality) indoor environment.
Sporting Events	No limitations	Monitor sensitive groups and limit their physical activities.	People with chronic conditions should be medically managing their condition. Increase rest and substitutions for all participants to lower breathing rates.	Consider rescheduling or relocating event. If outdoor event is held, have emergency medical support immediately available. Add rest breaks.	Reschedule or relocate event.

- Examples of light activities:
- Walking slowly on level ground
- Carrying school books
- Hanging out with friends

- Examples of moderate activities:
- Shooting basketballs
- Slow pitch softball
- Skateboarding

- Examples of vigorous activities:
- Running, jogging
- Playing basketball, soccer, or football

Please note that the intensity of an activity can vary by person and ability