

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 ³ | ≤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