



Asthma and Exercise General Guidelines when there is no Asthma Action Plan

Peak Flow Meter Zone	Modification
All Students with Asthma	Pre-medicate as prescribed by physician
	Ensure that rescue medication is readily available
	3. Ensure long warm-up and cool-down
	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%)	I. No Modifications required
	2. Full participation in all activities
Yellow (50 – 79%)	Have students take medication as directed by their Asthma Action Plans
	Consider activities that involve stopping and starting or a warm moist environment
	Provide appropriate activity modifications, including rest periods and/or lower intensity of activity
Red (0 – 49%)	1. Stop activity
	2. Follow emergency asthma plan
	3. Help athlete use inhaled medication
	4. Call 911 if athlete does not improve