

Utah Recess Guidance for Schools:

Checklist for Administering the Program

At the Beginning of the School Year:

- Identify sensitive students
 - » Parents, with the advice of their health care provider, should inform their school if they believe their child is part of a sensitive group.
 - » A sample letter for parents is available at health.utah.gov/asthma.
- Schedule a faculty/staff meeting to discuss air quality
 - » Use the Utah Recess Guidance Video for Schools to explain the guidance and process.
- Determine who will check the PM2.5 Levels
 - » This can be done at a district level or on an individual school basis, depending on your needs.
- Join Utah Recess Guidance listserv
 - » To subscribe, please send a blank email to hl-recess-air-quality-subscribe@list.utah.gov.
 - » During November to March, you will receive regular emails through the listserv to alert you when PM2.5 levels are forecasted to exceed 35.4 $\mu\text{g}/\text{m}^3$ and to provide daily tips for indoor recess activities.
- Develop a plan for physical activity when children are kept indoors
 - » Review indoor physical activities and plan indoor recess. See health.utah.gov/asthma for ideas.
 - » The need for keeping all students indoors does not happen very often. Schools may opt to adapt protocols for inclement weather days.

During Inversion Months (November-March):

- Check current PM2.5 levels. Visit air.utah.gov and click on “current conditions”
 - » It is recommended that the PM2.5 levels be checked at least once a day. As with temperature, air quality varies throughout the day.
- Review recommendations from Utah Recess Guidance for current PM2.5 levels
 - » When the PM2.5 level is between 35.5 $\mu\text{g}/\text{m}^3$ - 55.4 $\mu\text{g}/\text{m}^3$, “sensitive” students and those experiencing symptoms should be accommodated indoors.
 - » When PM2.5 levels are 55.5 $\mu\text{g}/\text{m}^3$ and above, all students should be kept indoors.

Note: Schools are encouraged to use the Utah Recess Guidance and the students’ sensitivity and symptoms to determine when students should be kept indoors for recess.

For more information visit: health.utah.gov/asthma