Recess Guidance for School

When to schedule indoor recess based on Air Quality/Temperature

*Respiratory symptoms may include coughing, wheezing, shortness of breath, and chest tightness.

**Sensitive students may include those with: asthma, cystic fibrosis, chronic lung disease, congenital heart disease, compromised immune systems, or other respiratory problems.

Parents, with the advice of their health care provider, should send a note to the school if they believe their child is part of a sensitive group who should have limited outdoor physical activity when the air quality is poor.


### Particulate Matter (PM) 2.5 & Air Quality Index (AQI)* Levels

<table>
<thead>
<tr>
<th>AQI</th>
<th>PM2.5  (μg/m³)</th>
<th>Recommendations for Recess</th>
</tr>
</thead>
<tbody>
<tr>
<td>300</td>
<td>250.0</td>
<td>PM2.5 above 55.5</td>
</tr>
<tr>
<td>175</td>
<td>55.4</td>
<td>All students stay indoors.</td>
</tr>
<tr>
<td>150</td>
<td>35.4</td>
<td>Students with respiratory symptoms* &amp; sensitive students** stay indoors.</td>
</tr>
<tr>
<td>100</td>
<td></td>
<td>PM2.5 below 35.4</td>
</tr>
</tbody>
</table>

**All students outdoors.**

Check PM2.5 levels at air.utah.gov; click on “Current.”

### Indoor Recess Activity

The school makes the final decision regarding when and where to hold recess. We encourage schools to consider active options for indoor recess. See examples at health.utah.gov/asthma.

### Wind Chill Temperature

- **15° F or below** - ALL students stay indoors (per District Office)
- **15° - 20° F** - Principal determines if there will be recess or other outdoor activities
- **20° F or below** - School doors open at 8:30 am and students will wait quietly in the MP Room until school starts.