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 µg/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 µg/m$^3$ - 55.4 µg/m$^3$, “sensitive” students and those
    experiencing symptoms should be accommodated indoors.
  » When PM2.5 levels are 55.5 µg/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

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