

# READY TO PLAY?



## ASTHMA CHECKLIST FOR LATE SUMMER & FALL SPORTS

### HIGH SCHOOL ATHLETES



**Rescue Inhaler  
+ Spacer**



**Asthma Action  
Plan**



**Daily Controller  
If Prescribed**



**Warm-Up & Water**



**Warm-Up  
+ Hydrate**

## KNOW YOUR FALL TRIGGERS

- **Heat + humidity**  
slow down and hydrate
- **Smoke/air quality**  
tell coach early

- **Pollen + mold**  
check forecasts
- **Cold mornings**  
warm up gradually

### BEFORE PRACTICE: CHECK YOUR ACTION PLAN

Carry your rescue inhaler if allowed. Tell your coach or school nurse about symptoms.

Questions? Talk with your school nurse before tryouts, practice, or game day.