

READY TO PLAY?



ASTHMA CHECKLIST FOR LATE SUMMER & FALL SPORTS

MIDDLE SCHOOL ATHLETES



**Rescue Inhaler
+ Spacer**



**Asthma Action
Plan**



**Daily Controller
If Prescribed**



Warm-Up & Water

**Warm-Up
+ Water**

KNOW YOUR FALL TRIGGERS

- **Heat + humidity**
slow down and drink water
- **Smoke/air quality**
tell an adult early

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

BEFORE PRACTICE: CHECK YOUR ACTION PLAN

Keep your rescue inhaler nearby if allowed. Tell your coach, parent, or nurse about symptoms.

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