

Support participation in sport

Exercise may trigger an asthma attack.

With proper management, a child or young person with exercise-induced asthma (EIA) can maintain full participation in most sports.

- ✓ Include warm-up exercises for 5–10 minutes prior to outdoor games and exercise.
- ✓ During cold weather, plan outdoor exercise later in the school day.
- ✓ Encourage children with EIA to use asthma medication as recommended by their health care professional, before exercising. Commonly this is two puffs of a reliever inhaler before warming up.
- ✓ Ensure children always carry a reliever in case of an asthma attack.

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