

Asthma & Sports

For Coaches

Things to know and do when an athlete has asthma

Athletes with controlled asthma CAN play sports.



Watch for warning signs of an asthma flare-up such as coughing, wheezing, shortness of breath, or chest tightness.



Make sure the athlete keeps an updated asthma action plan on file with the school and shares it with you before the start of the season. This plan lets you know what to do if they have an asthma flare-up.



Keep an eye on weather and air quality that could cause asthma flare-ups—like high humidity, smog, pollen levels, and rapid change in air temperature. To check the air quality index (AQI) in your area, visit [AirNow.gov](https://www.airnow.gov) or download the AirNow app.



Plan a short warm-up period for them before every practice and game.



Allow athletes to keep their inhaler where extreme temperatures won't damage it. Remind them to use it before playing if they need to and allow them to access it during practices and games.



Have open conversations with the athlete and their parents about any issues. Keep an eye on the athlete and if they say they can't keep going, be understanding and let them rest.

Find out more at
maine.gov/dhhs/asthma

