

**Dos & Don'ts for Arranging Physical Activities  
During the Health Risk Category at High, Very High and Serious Levels  
(Applicable to Primary and Secondary Schools)**

*The tolerability to different levels of intensity of physical/sports activity varies among people. In general, it depends on health condition, previous exercise experience and level of physical fitness of individuals. Teacher should pay special attention to school children with pre-existing heart, respiratory or chronic illnesses and follow the medical advice, if any, for activities arrangement. Teachers are advised to exercise their professional judgement for appropriate arrangement and adjustment where necessary.*

Health Risk	AQHI Band	Health Advice to School Children <sup>1,2</sup> in Primary and Secondary Schools	Recommendations to Schools
<b>High</b>	<b>7</b>	School children are advised to <b>reduce</b> outdoor physical exertion, and to <b>reduce</b> the time of staying outdoors, especially in areas with heavy traffic.	Physical/Sports Activities: (The intensity and duration of the activities could be at moderate level.) <ul style="list-style-type: none"> <li>✓ PE lessons (Practical skills)</li> <li>✓ Games Days</li> <li>✓ Athletics Meets/ Swimming Galas</li> <li>✓ Ball Games Competitions</li> <li>✓ Outdoor Activities (including Outdoor Education Camps)<sup>3</sup></li> <li>✓ Cross-country</li> <li>✓ Road-running Race</li> </ul>
<b>Very High</b>	<b>8-10</b>	School children are advised to <b>reduce to the minimum</b> outdoor physical exertion, and to <b>reduce to the minimum</b> the time of staying outdoors, especially in areas with heavy traffic.	Physical/Sports Activities: (The intensity and duration of the activities should be at moderate-to-low level.) <ul style="list-style-type: none"> <li>✓ PE lessons (Practical skills)</li> <li>✓ Games Days</li> <li>✓ Athletics Meets/ Swimming Galas</li> <li>✓ Ball Games Competitions</li> <li>✓ Outdoor Activities (including Outdoor Education Camps)<sup>3</sup></li> <li>✗ Cross-country</li> <li>✗ Road-running Race</li> </ul>
<b>Serious</b>	<b>10+</b>	School children are advised to <b>avoid</b> outdoor <sup>4</sup> physical exertion, and to <b>avoid</b> staying outdoors, especially in areas with heavy traffic.	Physical/Sports Activities: <ul style="list-style-type: none"> <li>✓ Theoretical learning of PE</li> <li>✓ Visits (Indoor)</li> <li>✗ PE lessons (Practical skills)</li> <li>✗ Games Days</li> <li>✗ Athletics Meets/ Swimming Galas</li> <li>✗ Ball Games Competitions</li> <li>✗ Outdoor Activities (including Outdoor Education Camps)<sup>3</sup></li> <li>✗ Cross-country</li> <li>✗ Road-running Race</li> </ul>

Note: <sup>1</sup> School children refer to students attending primary and secondary schools in general.

<sup>2</sup> School children with heart, respiratory or chronic illnesses are advised to **reduce to the minimum** outdoor physical exertion and the time of staying outdoors, especially in areas with heavy traffic, and take more breaks during physical activities when the health risk category reaches high level, i.e. AQHI band at 7; they should **avoid** physical exertion and staying outdoors, especially in areas with heavy traffic when the health risk category reaches very high level or above, i.e. AQHI band at 8 or above.

<sup>3</sup> The list of outdoor activities is available at the EDB's 'Guidelines on Outdoor Activities', [http://www.edb.gov.hk/attachment/en/sch-admin/admin/about-activities/sch-activities-guidelines/Outdoor\\_2013\\_Eng\\_v2.pdf](http://www.edb.gov.hk/attachment/en/sch-admin/admin/about-activities/sch-activities-guidelines/Outdoor_2013_Eng_v2.pdf).

<sup>4</sup> Schools are advised to ensure their school children will also avoid indoor physical exertion when AQHI reaches 10+ with serious health risk.