



## Asthma

### Students:

When having an attack a student should:

- (a) stop any physical activity
- (b) sit down and keep calm
- (c) use medication correctly
- (d) inform the nearest member of staff

Students should carry their inhaler at all times as certain conditions can affect asthma i.e. stress, physical exercise, weather.

### Cottenham Village College:

The College will provide:

- 1 all Faculty Heads with information on all students' disabilities including asthma
- 2 first aid facilities during the school day
- 3 a caring environment that will enable students to:-
  - (a) manage their asthma confidently
  - (b) feel able to seek advice and information

### Asthma in PE

Students with asthma will not be required to participate in situations and weather conditions e.g. heavy frost, which are likely to trigger an asthma attack. They will be encouraged to manage their asthma and be made aware of steps that can reduce the risk of an attack.

These are:

- pre-exercise medication
- warming up indoors before outdoor activity
- identifying specific trigger conditions for each individual
- possession and availability of appropriate medication.

The PE faculty has discussed at length its policy towards asthma and feels that its major aim is to help students take an increasingly responsible role for the management of their condition. We will guide them, respect their judgement, and endeavour to enable them to lead as normal a life as possible.

