

# Exercise and the 2 Strike Rule

1

15 minutes before exercise – 1-2 repetitions or as prescribed by doctor.

1. SHAKE – 1 puff – 4 breaths,
2. SHAKE – 1 puff – 4 breaths,



2

If there is flare up while exercising – 4 repetitions

1. SHAKE – 1 puff – 4 breaths,
2. SHAKE – 1 puff – 4 breaths,
3. SHAKE – 1 puff – 4 breaths,
4. SHAKE – 1 puff – 4 breaths.

Wait 4 minutes, if they're ok, start exercising again.



3

If it happens again – it's the **SECOND STRIKE**.

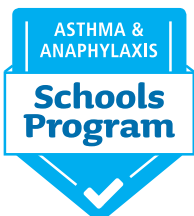
Begin asthma first aid protocol.

No more exercise that day.



4

Inform parent if you had to administer first aid



Call **1800 278 462**  
or visit **asthmatas.org.au**



**Asthma**  
Foundation  
of Tasmania