1. Purpose of Policy:

The COVID-19 pandemic has sparked dramatic changes across all aspects of our daily lives. The combination of lifestyle modifications and potential comorbidities associated with COVID-19 also presents important, athlete specific health and safety risks as return to sport plans emerge. While it is clear that transition periods have a higher risk for catastrophic sport injury, some of the factors that place athletes at higher risk during these periods may be amplified as a result of social distancing measures. These risk factors may also be amplified at various levels – so even athletes within the same team may have a spectrum of risk profiles. As plans for a return to organized sport begin, over 10 million high school and college athletes emerge from this unprecedented period, calling for healthcare providers and administrators to give greater consideration for how to reduce risk while re-introducing sport.


2. Policy Statement:

This policy describes the best practice procedures for returning to sport and exercise following a period of prolonged physical distancing for students/athletes of Easton Area School District (E.A.S.D).

This document is designed specifically for the return to activity following physical distancing from the COVID-19 pandemic. As such, the topics in this document overrule the E.A.S.D. Policy, until the Easton Area School District, in collaboration with St Luke’s University Health Network, Pennsylvania Interscholastic Athletic Association, and the Governor’s Plan, for phases of re-opening deems fit. While still under the Governors Plan for phases of re-opening pre-K to 12 (PK-12) schools, athletic programs under the Pennsylvania Interscholastic Athletic Association (PIAA) are permitted to resume in counties designated in the Yellow and Green phases. This policy will be a living, working document that is continually reviewed and updated as the organization and our community changes.

3. Definitions:

- **Close Exposure** - A close exposure is defined as having a household member with COVID-19, prolonged exposure (>10 minutes) within 6 feet of an individual with confirmed COVID-19, direct exposure to infectious secretions (e.g., being coughed on) or direct physical contact during sports from an individual with COVID-19.
- **Upper Limit** - workout would be the highest level of intensity and volume an athlete would be able to tolerate when in peak condition.
4. Scope:
This policy applies to all E.A.S.D Athletic Department staff including athletic administrators, athletic trainers, coaches, strength and conditioning staff, school administrators, school advisors, school nurses, equipment staff, and other individuals that routinely have contact with any of the above noted.

5. Procedures:
Preparing for Re-Entry
1. Building Preparations:
   a. (All E.A.S.D. designated phases) Any individual associated with E.A.S.D. athletics will complete a self-daily health questionnaire via google forms no more than 30 minutes prior to arriving on campus. (Having the staff or athlete’s complete self-daily health questionnaire via barcode assigned to them and connected to a google sheets document will cut down screening time dramatically. Google sheets will still allow for documentation of questions, answers, and the time they completed it. Once the athlete or staff has an assigned barcode, they can simply do the self-daily health questionnaire on their smart phone or mobile device prior to entering campus. If the student-athlete does not have a smart phone or mobile device, a paper form will be available at all voluntary workout sessions.
   b. Traffic flow protocol: Any individual associated with E.A.S.D. athletics will enter facilities for temperature and screening purposes in the following manner while properly wearing an appropriate face covering.
   c. Easton Area High School will have two primary screening sites depending on field locations. For Phase 1 the locations will be: under the weight room area pavilion, and under a tent in the varsity softball field parking lot.
   d. Weight room pavilion check in station: Athletes and staff utilizing this location will be required to enter campus via the 25th Street entrance. This non-contact temperature screening location will be used for voluntary workouts being held on the turf field (to avoid upcoming construction), tennis courts, varsity baseball outfield, and the cross-country trail. Athletes that drive will park in the senior lot (Lot D). We ask that you do not move your car once parked. In addition, the senior lot (Lot D) will serve as the pick-up location for this check in station.
   e. Varsity softball field parking lot: Athletes and staff utilizing this location will be required to enter campus via the entrance off of William Penn Highway and Milford Street. This non-contact temperature screening location will be used for voluntary workouts being held on junior high and varsity/junior varsity football practice fields, junior high baseball field, junior varsity softball field, and the varsity softball outfield. Athletes that drive will park in the lots near the softball, soccer and junior high football fields. We ask that you do not move your car once parked. In addition, these lots will serve as the pick-up location for this check in station.
   f. During the phases of re-socialization athletic training services such as taping/wrapping, rehabilitation exercises and modalities will be for emergency situations only in order to allow athletic trainers to be primarily focused on the screening of E.A.S.D. staff and athletes entering the campus.
   g. Injuries happen: Athletic trainers will do their best to arrive to the location of the injured E.A.S.D staff or athlete in a timely and effective manner. Life or limb threatening injuries will ALWAYS take priority over screening procedures. In the event that an athletic trainer does leave the screening location the coach associated with that pod will be permitted to finish the screening process.
   h. If an athlete needs an injury evaluation that requires them to enter the building, the doors closest to the upper level team lockers room (on the right side) will be used. The athlete/staff member will be required to wear a face covering before entering the athletic training room. Once athlete/staff member is finished, they will exit the main athletic training room doors near the Main (large) Gym.
   i. At any one time the athletic training room will be limited to 6 people; 3 athletic trainers and 3 athletes.
   j. Building water system will be reviewed under CDC guidance on maintaining water system safety.

2. Practice Plans: Minimum length of breaks between the scheduled end of practice and the next team taking the field or coming onto campus will be 30 minutes. This will be to limit the crossing of athletes of different sports teams that may be using the same facility. All attempts will be made to not use the same field in consecutive time slots.
3. Staff Training  
   a. Coaches must read this entire document and understand the phase/week they are working in and especially be aware of the signs/symptoms of COVID-19, wearing proper face coverings, and also the disinfecting procedures. This will help to maintain a safe, distanced, and healthy workout environment for all involved.  
   b. Reinforcement of safety protocols and requirements associated with, but not limited to, CPR/AED training, Emergency Action Plans of E.A.S.D. Department of Athletics, and the annual Cardiac Arrest and Concussion Management coursework through National Federation of State High School Sports (N.F.H.S.).

4. Require Sick Athletes and Staff to Stay Home  
   a. Provide education to advise individuals on what to do if they are sick (CDC - What to do if you are sick)  
   b. Establish procedures to ensure athletes and staff that become sick onsite or arrive onsite sick are sent home immediately.  
   c. If an E.A.S.D. athletic staff member is to get sick while on campus as long as it is safe, they will be instructed to drive themselves immediately home. If and E.A.S.D. athlete is to get sick while on campus they will directed to an isolation tent, where they will wait for a parent or guardian to pick them up. We understand privacy is important to all involved and will do our best to ensure privacy in these situations.  
      i. An isolation tent will be located in the grass area next to the E.A.H.S. Auxiliary Gym. E.A.S.D staff and/or athletes getting picked here will have athletic training staff instruct whoever is picking them up to enter campus via the 25th Street entrance.  
   d. Share resources with the school community to help families understand when to keep children home. This guidance, not specific to COVID-19, from the American Academy of Pediatrics “When to Keep Your Child Home” can be helpful for families.

Preparticipation Physical Evaluations (Sports Physical)  
1. E.A.S.D. Sports Physical Policy requires a new physical after June 1st of current school year to be eligible for fall, winter, or spring of upcoming school year to be on file with the athletic trainers and school nurses. The following procedures are in place for E.A.S.D:  
   a. Athletes who are first time participants in athletics, or athletes who did not have a PPE during the 2019-2020 academic year, will be required to have a PPE prior to athletic participation.  
   b. It is highly encouraged that athletes with certain medical conditions (e.g., cardiac, autoimmune, etc.) consult their medical provider to ensure that they are not at an increased risk and can still safely participate in organized sports. If an athlete or parent has a concern in this area please directly communicate with the E.A.S.D athletic training staff.

Health Screening Procedures  
1. Prior Diagnose of COVID-19: Every individual associated with E.A.S.D. athletics or athlete with a prior diagnosis of COVID-19, symptoms suggestive of COVID-19, or a “close exposure” to someone with COVID-19 must contact their medical provider to determine if further evaluation is warranted prior to returning to an E.A.S.D campus or resuming exercise.  
   a. Regardless of if the medical provider deems further evaluation is warranted, documentation must be provided to Easton Area High School or Middle School Nurses, along with Athletic Training Staff prior to participation.  
2. Medical documentation is required for E.A.S.D. Athletic Staff or student-athletes with a confirmed diagnosis of COVID-19. This may include additional cardiac, such as an electrocardiogram (ECG), pulmonary, and kidney function testing as determined by the physician.  
   a. Those at greater risk for developing severe COVID-19 disease or complications should undergo an informed decision-making process with their medical provider before a return to sports as exposure to teammates and opponents may increase their risk of becoming infected. Individuals at higher risk of severe COVID-19 include those with a serious heart condition, uncontrolled or moderate to severe asthma, chronic lung disease, diabetes, obesity, pre-existing kidney disease, or a weakened immune system.  
   b. Although the Centers for Disease Control and Prevention states patients with these conditions may be at greater risk for more severe disease, there are limited published data in young athletes to support this determination at this time.  
   c. All athletes with prior COVID-19 will be monitored for ongoing symptoms of chest pain/pressure with exercise, difficulty breathing or dizziness with exercise, or decreased exercise tolerance.
3. Returning to sports following testing positive for COVID-19:
   a. Any individual associated with E.A.S.D athletics or athlete who was diagnosed with COVID-19 may return when all four of the following criteria are:
      i. At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever reducing medications).
      ii. Individual had improvement in respiratory symptoms (e.g.; cough, shortness of breath).
      iii. At least 10 days have passed since symptoms first appeared.
      iv. Written documentation of clearance from a healthcare provider (MD, DO, NP, PA).

4. COVID-19 Screening Questions: Athlete will scan QR code on COVID-19 Pre-Campus Screening Question Instructions document to access screening questions prior to arriving on campus (see pg. 10, COVID-19 Pre-Campus Screening Questions Instructions)
   a. Have you had any of the following symptoms in the past 24 hours?
      i. Fever (temperature greater than or equal to 100.4°F / 38°C).
         1. If an E.A.S.D staff member or athlete has a temperature over 100.4 they will immediately have their temperature re-taken. If the second temperature is still over 100.4, they will sit social distance from other athletes for 5 minutes before having their temperature taken for a third time. If they fail the third time they must leave campus and follow the above instructions and seek medical attention. If they pass, they will immediately have their temperature again. If they are under 100.4 for two immediate scans in a row, they will be allowed to participate in voluntary team workouts.
      ii. New or Worsening cough.
      iii. Shortness of breath or trouble breathing.
      iv. Sore throat, different than your seasonal allergies.
      v. New loss of smell and/or taste.
   b. Do you have a household member, or been in close contact with someone, who has been diagnosed with COVID-19 in the past 2 weeks?
   c. Have you been diagnosed or tested positive for COVID-19? If yes, have you provided E.A.S.D. with written clearance from your medical provider to return to E.A.S.D. Campus?

5. Positive COVID-19 Case within E.A.S.D. Athletics
   a. Consistent with applicable law and privacy policies, every individual associated with E.A.S.D. athletics, families of the athlete, andumpires/officials must self-report if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19, and other applicable laws and regulations. They must notify the Athletic Training Staff immediately. The Athletic Training Staff will immediately notify the Director of Athletics, who in turn will notify the High School Principal and Assistant Superintendent in charge of the E.A.S.D. Pandemic Task Force.
      i. The E.A.S.D. notification team (which shall consist of a team including athletic director, athletic training staff, school nurses, and school administrators) will notify staff, officials, families, and the public of temporary facility closures.
   b. Every individual associated with E.A.S.D. athletics who had close contact with a person diagnosed with COVID-19 (within 48 hours prior to symptom onset) should be advised to stay home and self-monitor for symptoms and be advised to follow CDC guidance if symptoms develop. Individuals with close contacts should be excluded from practice for 14 days. Close contact is defined as having close (within 6ft) and prolonged (≥30 minutes) contact with the COVID-19 patient.
   c. Areas used by individuals determined to have COVID-19 will need to be closed off until the area has been cleaned and disinfected (outdoor areas this includes surfaces or shared objects in the area). Protocol will be to wait 24 hours before cleaning and disinfecting. If 24 hours is not feasible, maintenance staff will wait as long as possible. Maintenance staff will ensure safe and correct use and storage of cleaning and disinfecting products, including storing them away from students/athletes.
d. In the event that E.A.S.D. has a Positive Health Screen (meaning you have a temperature greater than or equal to 100.4°F/38°C or positive for symptoms), E.A.S.D. will ask the staff member or athlete to go home immediately and follow the recommendations below.
i. DO NOT immediately go to the emergency room or an urgent care facility. Contact ONE of the following for further instruction:
   2. Contact your primary care physician
   4. Call Lehigh Valley Health Network 1-888-402-5846

**Promote Wellness and Hygiene**

1. **Face Covering**
   a. All adult staff (coaches, athletic trainers, etc.) must wear masks or face coverings at all times unless doing so jeopardizes their health.
   b. Athletes must wear mask or face coverings when they arrive onsite for health screenings and when not actively participating in activity and social distancing is challenging (sidelines, dugouts, athletic training room, etc.).
   c. Athletes must wear face coverings during activity if contact is closer than 6 feet for a period longer than 15 minutes. If athlete is separated by more than 6 feet, then no mask is required.
   d. Athletes will be allowed to wear self-provided PPE items as long as they do not compromise the safety of other athletes or others participating in activity.
   e. Social distancing will be required until CDC, state or local authorities declare otherwise.

2. **Hygiene**
   a. Hand hygiene is essential. E.A.S.D. will do their best to promote frequent and effective, hand hygiene with ample hand sanitizer (>60% ethanol or >70% isopropanol) dispensers in many different locations (each fall sports team will be designated their own team use only hand sanitizer unit).
   b. Hand sanitizing should take place pre and post-activity and will be made available during activity.
   c. No whirlpool or cold tubs will be used - exception for emergency action plan related to heat illness best practice.
   d. All athletes will leave facility immediately post workout through designated flow pattern and should return home to shower.
   e. Sharing of personal athletic equipment is discouraged while under phased return to sport.
   f. Refer to COVID-19 re-socialization of sports from SLUHN perspective physical activity and usage of athletic equipment for each phase of return to sport.

3. **Activities that increase the risk of exposure that will not be allowed**
   a. No sharing of personal water containers.
   b. Chewing gum, eating sunflower seeds, spitting.
   c. Handshakes, fist bumps, high fives or hugs.
   d. No team huddles should take place.

**Additional Considerations**

1. **Non-Essential Persons**
   a. E.A.S.D Athletics will follow all federal, state, and local guidelines in accordance with mass gatherings.
   b. During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.
   c. No person beyond those essential should be present until federal, state, and local county department lift restrictions on mass gatherings. Example of non-essential person may include mangers, extra coaches, and non-participating athletes, media, etc.
      i. Essential (tier 1) athletes, coaches, officials event staff, medical staff, security
      ii. Preferred (tier 2) media
      iii. Non-essential (tier 3) spectators
1. Spectators are not essential to any voluntary workouts or practices and may not attend. Parents/caregivers must remain in their cars during this time. No congregating will be allowed in the parking lots or fields. All athletes will arrive 15 minutes before their practice to be spaced out and screened (see preparing for re-entry section).

2. E.A.S.D. will allow parents/caregivers that rely on public transportation or walk to stay in their son/daughters designated parking area away from other athletes.

2. Athletic Training Considerations
   a. E.A.S.D is prepared to provide athletic training staff with adequate supplies such as non-contact thermometers, hand sanitizer, masks, gloves, disinfectants, etc.
   b. Anyone who utilizes the athletic training room must wash hands or use hand sanitizer upon entry and exit.
   c. Athletic trainers must be practicing good hygiene and washing hands or using hand sanitizer.
   d. Athletic trainers must wear gloves during patient care that requires physical examination or direct contact. Gloves must be changed between patients.
   e. Athletic trainers must wear mask at all times until guidance from CDC is adjusted.
   f. Athletic Trainer will clean and disinfect according to CDC Reopening Guidance inclusive but not limited to treatment/taping tables after each patient, rehabilitation equipment, modality equipment, etc.
   g. While CDC, federal, state and local counties recommend social distancing, the number of athletes in the athletic training room must be limited to ensure have 6 feet of social distancing. All persons in the athletic training room will wear a mask/face covering. Only one athlete per treatment table will be permitted.
   h. For athletes not able to wash workout clothes, E.A.S.D will attempt to aid these athletes in having clean, laundered items.
   i. In limited situations, showering at an E.A.S.D. facility may be needed after practice in some circumstances (e.g. working after practice, homeless). Coaches and administrators can make these exceptions. Social distancing should be maximized, and proper cleaning should occur.
   j. E.A.S.D will attempt to have extra masks or face coverings available.

Return to Physical Activity
1. Given the unique circumstances and potential health risks not yet fully recognized as well as the increased workload created by the implementation of these considerations. E.A.S.D will require all athletes to go through a reconditioning process under the direction of James Farley and athletic training staff. During this reconditioning phase no conditioning/return-to-activity take place without the presence of an appropriate personnel (e.g., athletic trainer, strength and conditioning staff, school nurse and or head coach).

2. There could be a very high risk for musculoskeletal injuries from deconditioned athletes due to the prolonged period of inactivity. Coaches will be required to submit practice plans to the athletic trainer, and strength and conditioning coach prior to their team beginning their reconditioning period. Once approved by both the athletic trainer, and strength and conditioning coach, the plan will be given to the athletic director for final approval. This will ensure practice plans fall within recommended guidelines provided by the National Strength and Conditioning Association, while also serving as an extra step in ensuring that practice plans are in line with the following safety requirements.
   a. Coaches will follow national strength and conditioning association for the 50/30/20/10 rule for conditioning for the first five weeks of reconditioning.
      i. Week one: Work to rest ratio of 1:4
      ii. Week two: Work to rest ratio of 1:3
      iii. Week three: Conditioning maximal effort should be 80/100%
      iv. Week four: Conditioning maximal effort should be 90/100%
      v. Week five: Conditioning can return to maximal effort 100/100%
   b. Note: If at any time an athlete begins to show signs of struggle or exhaustion, they must be removed from the drill
   c. Athletes involved in multiple sports WILL NOT participate in multiple sport practices or conditioning sessions during the pre-season. These athletes will need to select their “primary” sport to begin voluntary workouts. Should the E.A.S.D., E.P.C., District XI, and P.I.A.A. return to a normal state of athletic competition and E.A.S.D. feels comfortable and safe allowing athletes to “mix” pods, this restriction will be removed immediately.
3. Phases: Refer to Limitations on Number of Students Participating Together
   a. Any sports-related activities in Yellow or Green phased countries must adhere to the gathering limitations set forth by Governor’s Plan for Phased Reopening (25 people in yellow, 250 people in green) and the facility as a whole may not exceed 50% of total occupancy permitted by law. During the Yellow and Green phases of re-opening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.
   b. Phase 1: July 6-July 19 (14 days) can occur in the yellow phase (RETURNING FALL HIGH SCHOOL ATHLETES GOING INTO GRADES 10-12)
      i. Up to 25 people including athletes and coaches. They can divide their pods however they want. The same coach will stay with the same pod. Smaller pods are encouraged as if one athlete or coach gets infected/sick only that specific pod will have to self-quarantine. All pods stay together through all phases including athletes and coaches. It is still recommended to maintain the 6 feet of social distancing within your pod. The goal of the phase one is introducing the high school athletes’ body back to exercise. Recommendations for phase one include non-contact individual drills, no shared sport implements/equipment, and no contact between teammates.
         1. Only coaches are allowed to place and remove cones from playing surface.
         2. No shared athletic equipment (including balls, towels, pinnies, clothing, shoes, etc.)
         3. Athletes must bring their own implements/equipment if requested by coaching staff such as: soccer ball, football, field hockey ball, volleyball, tennis ball, etc.)
         4. No use of “single” workout balls is permitted
         5. No contact between teammates
         6. No helmets or upper body equipment is to be worn (no helmets in football & no helmet or chest protector in field hockey).
         7. Athletes must bring their own specific ball if individual drills require them.
      ii. Athletes must provide their own water and clearly label it. Athletes that do not bring their own water will be asked to leave practice.
   c. Phase 2: July 20-August 2 (14 days) can occur in the yellow phase (ALL FALL VARSITY/JUNIOR VARSITY ATHLETES GRADES 9-12)
      i. All items in Phase 1 above plus the addition of the new and sub-varsity level athletes. All new and sub-varsity level athletes that get added to campus during phase 2 will begin in phase one. Meaning all new and sub-varsity level athletes will begin with a mandatory 2 week re-socialization phase and will abide by all phase one regulations. Varsity/Junior Varsity Girls Volleyball may use indoor gyms. Head Coach may continue to oversee their “original” pod they were assigned to plus oversee/monitor other pods of their teams being monitored by “assistant” staff members. Head Coach must maintain a safe distance of minimum of 6 feet. The sharing of implements/equipment can begin to shared among divided pods. E.A.S.D will provide a surface disinfectant for coaches/players to use periodically throughout practice to clean shared implements/equipment.
         1. Up to 25 people including athletes and coaches.
         2. Locker rooms for changing and meetings may be used – social distancing of 6 feet must be maintained.
         3. Voluntary workouts will still occur within the same pods of athletes.
         4. Social distancing must be maintained on sidelines/benches – consider using tape/cones or other markers as guides.
         5. Coaches are encouraged to be the only ones placing and removing cones on the playing surface.
         6. Team can begin implementing passing drills between within pods with a shared ball.
         7. No shared towels, pinnies, clothing, shoes, etc.
         8. Helmets may be worn by football players.
         9. Helmets and chest protector may be worn by field hockey goalie.
         10. E.A.S.D may allow coaches to bring selected weight training equipment out of weight room for pod training purposes.
iii. July 27–July 30 (Week 4; Phase 2 week 2) Above Groups Plus Addition of Returning Middle School Athletes
   1. The returning middle school athletes will that get added to campus during phase 2 will begin in phase 1 (all returning middle school athletes will begin with a mandatory 2 week resocialization phase and will abide by all phase 1 regulations).

k. Phase 3: August 3-16 (14 days- CANNOT occur until Northampton County is moved into the Green Phase (ALL FALL E.A.H.S. LEVEL ATHLETES GRADES 9-12)
   i. Cheerleading can begin using indoor gyms still following all social distancing required and all other pandemic procedures (no use of cheerleading mats yet)
   ii. August 10–13 (Week 6; Phase 3 week 2) All items in Phase 1 and 2 above plus the addition of all new and grade 7 athletes.
   iii. All new and grade 7 athletes that get added to campus during phase 3 will begin in phase 1 (all returning middle school athletes will begin with a mandatory 2 week resocialization phase and will abide by all phase 1 regulations).

l. Tentative August 17 (Week 7 of re-socialization) (Date subjective to change based on progress of previous phases) – All Winter Season Teams, Cheerleading can use cheerleading mats.
   i. Week 7 - E.A.S.D will review the return of utilizing formal weight room training.

m. Tentative August 24th (Week 8) – (Date subjective to change based on progressive of previous phases) All Spring Season Teams

3. The F.I.T. Rule (Frequency, Intensity Relative Volume, Time)
   a. Coaches must design conditioning programs using the F.I.T. Rule.
   b. The F.I.T. Rule provides guidance for phasing in weight training and should be used following a period of active rest or periods of minimal training (See Appendices).
   c. The F.I.T. rule is designed to ensure that frequency, intensity relative volume (IRV), and time of rest interval are appropriately administered to minimize the chance of severe muscle damage during weight training.
   d. Frequency is defined as the number of training sessions completed per week for a specific muscle group or movement type. For example, the student-athlete might train a total of 5 days in the week, but only train the lower body for 3 days, so the frequency for lower-body movements equals 3. Following a period of inactivity, it is recommended that frequency not exceed 3 days in the first week and no more than 4 days in the second week. IRV is a derivation of volume load that includes the %1RM (one repetition maximum) and is calculated with the following equation: Sets x Reps x % of 1RM (as a decimal) = IRV
   e. Example: 3 sets x 10 reps x 0.50 (which would be 50% 1RM) = 15 IRV
   f. The recommendation is to keep IRV between 11 – 30 with a W:R of 1:4 or greater the first week and 1:3 or greater the second week. IRVs of greater than 30 are contraindicated in the first 2 weeks following a period of inactivity in addition to coaches’ own professional judgment regarding limitations on the return to training program.

Hydration
1. All individuals associated with E.A.S.D. Athletics will be required to properly identify their personal water container. If anyone arrives without an individualized water bottle, they will not be permitted to participate in the voluntary workout.
2. Phase 1: July 6-July 19 (14 days) and Phase 2: July 20-August 2 (14 days) Any individual associated with E.A.S.D. Athletics or athlete will be required to bring their own water or drinks to team activities; these cannot be shared.
3. Hydration stations or team water coolers will not be provided by EASD athletic training staff during any of the above phases.
4. Phase 3: August 3-16 (14 days) CANNOT occur until Northampton County is moved into the Green Phase. Football style team “troughs” that are touchless will be available on a few fields for individual water bottle filling. The coach or athletic trainer assigned to that field location will turn the “water trough” on at the beginning of practice and should only be used to refill water bottles, not for direct mouth use.
5. Athletes will be highly suggested to weigh in and weigh out of practices at home (until safe to do so on campus) and are encouraged to record their most recent urine color (visually).
6. Signs of dehydration (e.g., loss of <2% weight, dark urine color, USG 1.020, extreme thirst) will require a hydration plan. Hydration plans can be developed by E.A.S.D. athletic training staff based on individual needs as the situation presents itself (refer to pgs. 15-16).

Environmental Monitoring
1. The E.A.S.D policy for monitoring the environment located in the Emergency Action Plan Booklet will continue to be in effect.
2. Lightning Policy during this time of recommended social distancing will require any individual associated with EASD athletics or athlete to report to one of the gyms, cafeteria, and hallway closest to the turf to ensure 6 feet of social distancing.
3. As environmental heat stress increases, modifications, such as the removal of unnecessary equipment or clothing, increased frequency of rest breaks, and access to individual hydration, or rescheduling the session to an earlier/later (i.e., cooler) time of the day will be implemented by the athletic director in collaboration with athletic training staff.

Injury Prevention
1. Each team will be required to develop a preventative training program. The purpose of these training programs is to reduce the likelihood of musculoskeletal injury.
2. Each team will dedicate the beginning of voluntary workouts to implementing a preventative training program (should be submitted to athletic director). The preventative training program may, and likely will, take the place of the traditional warm-up for the team.
3. Preventative training programs:
   a. Should include exercises in at least 3 of the following categories: strength, balance, plyometrics, agility, and flexibility.
   b. Teams will be encouraged to collaborate with James Farley (St Luke’s Sports Performance Coach) and athletic training staff on specific preventative strategies.

Education and Notification of Changes
1. In an effort to ensure constant communication and notification of changes to enhance the health and safety of everyone involved, as well as address concerns related to logistical planning for the athletics season, E.A.S.D. will notify the public within one-week after this policy has been approved via the E.A.S.D. website.

Training/Retraining:
The following personnel have been trained to ensure a safe participation environment for all individuals, coaches, employees, and staff mentioned in the Scope section of this document, and who are engaged in activities.
This training includes but is not limited to, the policy and protocols outlined in this document.

Athletics staff education (coaches, administrators, medical staff)

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Responsibility</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example:</td>
<td>Coach</td>
<td>Ensuring the use of the 50/30/20/10, F.I.T., heat acclimatization, environmental monitoring, hydration and Injury prevention protocols</td>
<td>12/5/00</td>
</tr>
</tbody>
</table>
Policy Approvals
The signatures below indicate the approval of this policy. The signature(s) and date(s) encompass the entire document. This policy is effective for one year following the date.

Role: ____________________________ Date: ________________
Name (printed): ____________________ Signature: ____________________________

Role: ____________________________ Date: ________________
Name (printed): ____________________ Signature: ____________________________

Role: ____________________________ Date: ________________
Name (printed): ____________________ Signature: ____________________________

Role: ____________________________ Date: ________________
Name (printed): ____________________ Signature: ____________________________

DISCLAIMER
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ATHLETE CHECKLIST

THESE MUST BE ADHERED TO IN ORDER TO PARTICIPATE

• WATER-WATER BOTTLE (Clearly label it, to prevent the possibility of another athlete using it by mistake. If you do not bring water, you will be required to go home)

• TOWEL

• FACE COVERING (If you do not have a mask, the school district is going to provide a backup)

• PERSONAL SPORTS EQUIPMENT (Depending on your sports necessary equipment… there will be NO sharing of equipment)

• ELECTRONIC DEVICE (cellular phone or iPad… this will be necessary to complete the daily check-in process. The Athletic Training Staff is going to need you to answer questions, as well as, take your temperature before you are able to participate with your team)

• SNACKS (Note: During the re-socialization phase, voluntary workouts will be no longer than an hour. However, if you need to eat within that time frame, you must bring your own and you are not allowed to share with teammates)

• MEDICAL SUPPLIES (ex. Inhalers, epi-pens, tissues)
COVID-19 Pre-Campus Screening Questions Instructions

E.A.S.D Athletics ultimate goal is to begin the process of safely re-socializing Easton athletes back to their sports. In an effort to reduce potential exposure time, all E.A.S.D staff members and athletes will be asked to simply scan the barcode above with their phone camera or iPad to access the COVID-19 pre-campus arrival screening questionnaire. All answers will be stored via a linked google sheets. The information will remain stored with E.A.S.D athletic training staff in accordance with health information sharing regulations for COVID-19, and other applicable laws and regulations. The Easton Athletic Training staff will be monitoring questionnaires, and ask all E.A.S.D staff members and athletes to fill out the questionnaire no more than 30 minutes prior to arriving for their assigned screening time. A “Yes” answer to any of screening questions, positive symptoms, or temperature that is above 100.4°F / 38°C will disqualify that person for the day (see below in the event of that E.A.S.D has a positive screening). Mistakes do happen, and E.A.S.D athletic training staff will be monitoring for “Yes” answers or new symptoms. A “Yes” answer or new symptoms may occur without the E.A.S.D staff member or athlete being aware, so E.A.S.D Athletic Training staff will highlight all positive responses in yellow. If an E.A.S.D staff member or athlete made any mistakes completing the questionnaire and their temperature is below 100.4°F / 38°C, the screener will manually override the “Yes” answer but will leave it highlighted in “yellow” for record keeping.

If an E.A.S.D Staff member or athlete does not have internet access at home, they will be able to answer the questionnaire via Wi-Fi once arriving on campus (for phase 1 and 2 this will be strictly the high school campus). If the school Wi-Fi is not readily available, the E.A.S.D staff member or athlete will be asked the questions verbally by the screener.

In the event that EASD has a Positive Screening

In the event that E.A.S.D has a Positive Health Screening, the staff member or athlete will be sent home immediately (if they reported to campus) and follow the recommendations below. If E.A.S.D staff member or athlete suspects they may have contracted the virus they are to notify the Athletic Training Staff immediately. Refer to the Health Screening Procedure section of the E.A.S.D COVID-19 re-socialization document on the E.A.S.D website for further information on medical documentation and returning to campus.

DO NOT immediately go to the emergency room or an urgent care facility. Contact one of following for further instructions.

Contact your primary care physician
Call St. Luke’s University Health Network COVID-19 Hotline 1-866-785-8537 Option 7
Call Lehigh Valley Health Network 1-888-402-5846
Considerations for preventing a false positive screening

- Avoid hot beverages for up to 30 minutes before arriving for temperature checks as this can give the screener a false positive.
- Avoid hot environments, as standing out in the elements or arriving before you assigned arrival time can elevate your forehead temperature.
- Avoid foods like hot sauce that can cause a process called thermogenesis. Thermogenesis can result in sweating, flushing of the skin (red face), and your nose running.
- Please eat something light that will not upset your stomach at least 30 minutes before arriving on campus to give your body fuel for the voluntary re-socialization workout. Failing to eat could lead to stomach-like pains and false positive COVID-19 like symptoms.
- Avoid exercising for up to 30 minutes before arriving for temperature checks as this can give the screener a false positive. Exercise is known to raise the core body temperature.
- Take prescribed allergy medication as prescribed to prevent the confusion of allergy symptoms with symptoms of COVID-19.
- Take the time to accurately fill out the COVID-19 pre-campus screening questionnaire prior to arriving on campus.
1. Open your camera and allow the camera to “lock in” on the QR code and simply use your finger to select the questionnaire at the top of the screen.

2. Simple begin typing your E.A.S.D email address followed by the answering the three identification questions and the screening questions.
3. Once you have hit submit you will see this screen. Upon arrival on campus wear your face covering and report to where your head coach says will be your teams designated screening station. Once it is your turn to have your non-contact forehead temperature taken the screener will review your answers. If for some reason your answers did not go through you will be asked the questions again verbally, so that they can be recorded onto the spreadsheet.
Sampling of High School Football Conditioning Drills
(Collected from personal communication with various high school football strength & conditioning coaches within Arkansas, Kansas, Louisiana, Mississippi, Oklahoma, Texas)

<table>
<thead>
<tr>
<th>Drill</th>
<th>Reps</th>
<th>Time in Seconds (Skill/Power/Linemen)</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>110's Drill</td>
<td>16</td>
<td>16/18/21</td>
<td>45</td>
</tr>
<tr>
<td>Staggered 110/100/90 Drill</td>
<td>16</td>
<td>16</td>
<td>45</td>
</tr>
<tr>
<td>Half Gasser Drill (Over &amp; Back)</td>
<td>14</td>
<td>17/18/21</td>
<td>45</td>
</tr>
<tr>
<td>300 yd. Shuttles (25 yds.)</td>
<td>3</td>
<td>65/70/75</td>
<td>2:30</td>
</tr>
<tr>
<td>300 yd. Shuttles (50 yds.)</td>
<td>3</td>
<td>59/66/70</td>
<td>2:30</td>
</tr>
<tr>
<td>300 yd. Shuttles (50 &amp;Back/40 &amp;Back/30 &amp;Back/20 &amp;Back/10 &amp;Back)</td>
<td>3</td>
<td>62/68/73</td>
<td>2:30</td>
</tr>
<tr>
<td>50 (25 &amp;Back)/40 (20 &amp;Back)/30 (15 &amp;Back) Drill</td>
<td>20</td>
<td>8/7/6</td>
<td>35/30/2</td>
</tr>
</tbody>
</table>

Example of the Application of 50/30/20/10 to the 110 Drill

<table>
<thead>
<tr>
<th>Reduction</th>
<th>Reps</th>
<th>Time</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1 - 50%</td>
<td>50% = 8</td>
<td>16/18/20</td>
<td>64/72/80</td>
</tr>
<tr>
<td>Week 2 - 30%</td>
<td>30% = 11</td>
<td>16/18/20</td>
<td>48/54/60</td>
</tr>
<tr>
<td>Week 3 - 20%</td>
<td>20% = 13</td>
<td>16/18/20</td>
<td>45</td>
</tr>
<tr>
<td>Week 4 - 10%</td>
<td>10% = 14</td>
<td>16/18/20</td>
<td>45</td>
</tr>
</tbody>
</table>

Example Application of the F.I.T. Rule

<table>
<thead>
<tr>
<th>Example</th>
<th>Sets</th>
<th>Repetitions</th>
<th>% 1RM</th>
<th>IRV units</th>
<th>Range level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3</td>
<td>12</td>
<td>0.65</td>
<td>23.4</td>
<td>Acceptable</td>
</tr>
<tr>
<td>2</td>
<td>5</td>
<td>10</td>
<td>0.60</td>
<td>30.0</td>
<td>Acceptable</td>
</tr>
<tr>
<td>3</td>
<td>5</td>
<td>8</td>
<td>0.70</td>
<td>28</td>
<td>Acceptable</td>
</tr>
<tr>
<td>4</td>
<td>8</td>
<td>5</td>
<td>0.75</td>
<td>30.0</td>
<td>Acceptable</td>
</tr>
<tr>
<td>5</td>
<td>10</td>
<td>10</td>
<td>0.50</td>
<td>50</td>
<td>Much too high</td>
</tr>
</tbody>
</table>

*Includes warm-up sets.*

*RMD = repetition maximum.*
<table>
<thead>
<tr>
<th>Athlete</th>
<th>Weight Out Date: ______</th>
<th>Weight In Date: ______</th>
<th>Difference (lbs)</th>
<th>Difference (%)</th>
<th>Urine Color</th>
<th>Thirst</th>
<th>Hydrated/Dehydrated Plan</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>
Pre Workout Screening

- Anyone with a fever or cold symptoms in the previous 24 hours should not participate & should contact their health care provider.
- Records should be kept of all people present.
- Communicate in person screening of all athletes and staff.
- Screen vulnerable individuals can resume public interactions but should practice social distancing and minimize exposure in social settings where distancing may not be practical.
- Symptomatic people cannot participate & should contact their health care provider.
- All athletes & staff must be screened prior to a workout (including temperature checks). Refer to health screening procedure.
- Screening responses should be recorded & stored.
- All athletes & staff must be screened prior to a workout (including temperature checks). Refer to health screening procedure.
- Screening responses should be recorded & stored.
- Vulnerable individuals should consult their health care provider prior to overseeing or participating in sports-related activities.

Phase 1 & 2

Phase 3
Limitation on Number of Students Participating Together

- Up to 25 people at a time - OUTDOORS (including coaches)
  - Workouts should occur within the same "pods" of athletes (up to 25)
  - Keep 6ft apart
  - If not possible, limit the number of people allowed in the room
  - Staggered practices/games should be implemented to decrease number of people coming and going simultaneously

- Up to 25 people at a time - INDOORS & OUTDOORS (including coaches)
  - Volleyball may use indoor gyms
  - Locker rooms for changing and meeting rooms may be used - 6 ft distancing of pods & athletes must be maintained
  - Continue to use the same workout "pods"
  - Continue to keep 6 ft apart indoors, if still not possible, continue to limit the number of people allowed in the room
  - Social distancing must be maintained on sidelines/benches - consider using tape/paint or other markers as guides

- Up to 250 people at a time or 50% of facility occupancy, whichever is less - INDOORS & OUTDOORS
  - Continue to keep 6 ft apart between people
  - Use tape/paint or other markers as guides
Physical Activity and Usage of Athletic Equipment

**Phase 1**
- No shared athletic equipment, athletic towels, clothing or shoes
- Only coaches are allowed to place and remove cones on playing surfaces
- Athletic equipment must be cleaned after each use
- Free weight exercises that require a spotter cannot be conducted during social distancing
- Balls, bats, gloves, etc. cannot be shared
- Use of single balls during practice not allowed, only for individual drills
- No sharing of tackling dummies/sleds
- No contact between teammates (includes football, wrestling, cheerleading, etc.)
- Hand sanitizer will be available during all activity
- No helmets or upper body equipment is to be worn (no helmets in football & no helmet or chest protector in field hockey)
- Duration 14 days from initial start date

**Phase 2**
- No sharing of athletic towels, clothing or shoes
- Athletic equipment must be cleaned intermittently during practices/games (surface disinfectant)
- Other equipment such as football helmets, lacrosse pads, ear guards & eyewear should only be used by one individual and not shared
- Equipment such as bats, batting helmets, & catcher’s gear must be cleaned between each use
- Passing drills with shared implements within pods
- Equipment such as bats, batting helmets & catcher’s gear should be cleaned between each use
- Passing drills with shared implements within pods
- Limit maximum lifts & use power cages for squats/bench presses
- Spotters should stand at each end of the bar
- Hand sanitizer will be available during all activity
- Helmets may be worn by football players
- Helmets and chest protector may be worn by field hockey goalie
- Duration 28 days from initial start date to day 42th day (as long as there are no setbacks)

**Phase 3**
Individual Hydration

All coaches and athletes must bring their own water or drinks to team activities; these cannot be shared.

Ice towels may be used for single use only and discarded or washed properly.

Personal water bottles should be properly identified with person's name.

Team water coolers and disposable cups are not allowed.

Hydration stations or fixed water fountains should not be used.
Post Workout Procedures

Hand washing or hand sanitizer should be utilized after workout

No congregating in groups should occur

No whirlpool or cold/hot tubs should be used - exceptions for emergency action plan related to heat illness best practice

Clothing should be changed and washed after each workout session

All athletes should leave facilities immediately post workout and return home to shower
Sanitizing Facilities

All Phases

- Create & implement adequate cleaning & disinfecting schedules for all athletic facilities to mitigate any communicable disease
- Ensure all high touch, high traffic areas are included in cleaning and disinfecting schedules
- Hard surfaces should be sanitized prior to people entering the facility
- Weight room equipment should be disinfected before and after each person’s use
- Equipment and tables with holes that expose foam should be covered
- Refer to EPA list N for appropriate disinfectants for use against SARS-CoV-2
<table>
<thead>
<tr>
<th>Infection Risk by Sport</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Low Risk</strong></td>
</tr>
<tr>
<td>Involves:</td>
</tr>
<tr>
<td>- Sports that can be done with social distancing or individually</td>
</tr>
<tr>
<td>- Equipment is not shared and is able to be cleaned between use by competitors</td>
</tr>
<tr>
<td>- Individual running events</td>
</tr>
<tr>
<td>- Throwing events (discus, shot put, javelin)</td>
</tr>
<tr>
<td>- Individual swimming</td>
</tr>
<tr>
<td>- Golf</td>
</tr>
<tr>
<td>- Weightlifting</td>
</tr>
<tr>
<td>- Sideline cheerleading</td>
</tr>
<tr>
<td>- Cross country (with staggered starts)</td>
</tr>
<tr>
<td>- Archery</td>
</tr>
<tr>
<td>- Rifle</td>
</tr>
<tr>
<td>- Diving</td>
</tr>
<tr>
<td>- Alpine ski</td>
</tr>
<tr>
<td>- Single sculling</td>
</tr>
<tr>
<td>- Bowling</td>
</tr>
</tbody>
</table>

| **Moderate Risk**        |
| Involves:               |
| - Close, sustained contact |
| - Protective equipment in place that reduces possible transmission of respiratory droplets OR |
| - Intermittent close contact OR |
| - Group sports OR |
| - Sports that use equipment that cannot be cleaned between participants |
| - Basketball |
| - Soccer |
| - Ice hockey |
| - Field hockey |
| - Swimming relays |
| - Girls lacrosse |
| - 7 v 7 Football |
| - Crew with 2 or more rowers in a Shell |
| The following may be considered low risk with appropriate cleaning of equipment: |
| - Volleyball |
| - Baseball |
| - Softball |
| - Tennis |
| - Pole vault |
| - High jump |
| - Long jump |
| - Fencing |
| - Gymnastics |

| **High Risk**            |
| Involves:               |
| - Close, sustained contact between participants |
| - Lack of significant protective barriers |
| - High probability of respiratory droplet transmission |
| - Wrestling |
| - Football |
| - Boys Lacrosse |
| - Competitive cheerleading |
| - Dance |
| - Rugby |
# Preparing for Re-Entry

## Campus Traffic Flow

### Weight Room Pavilion Screening Location

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Red Circle" /></td>
<td>The red circle represents the weight room pavilion screening station that will be utilized for voluntary workouts being held on the turf (to avoid construction), tennis courts, varsity baseball outfield, and cross-country trail.</td>
</tr>
<tr>
<td><img src="image" alt="White Cross" /></td>
<td>The white cross represents where an isolation tent will be set up for E.A.S.D staff or athletes that may get sick while on campus. E.A.S.D staff or athletes getting picked here will have athletic training staff instruct whoever is picking them up to enter campus via the 25th Street entrance.</td>
</tr>
<tr>
<td><img src="image" alt="Yellow Circle" /></td>
<td>The yellow circle represents where E.A.S.D staff or athletes will park (and stayed parked) if getting screened at the weight room pavilion. This parking lot will also serve as the pick-up site for athletes participating in voluntary workouts on the turf, tennis courts, varsity baseball outfield, and cross-country trail.</td>
</tr>
</tbody>
</table>
The red circle represents the varsity softball screening station that will be utilized for voluntary workouts being held on the football fields, junior varsity baseball field, and the softball outfields.

The yellow circle represents where E.A.S.D staff or athletes will park (and stay parked) if getting screened at the varsity softball field. This parking lot will also serve as the pick-up site for athletes participating in voluntary workouts on the football fields, junior varsity baseball field, and the softball outfields. Athletes that drive will park in the lots near softball, soccer and the freshmen football field. In addition, these lots will serve as the pick-up location for these athletes as well.
HOW TO WEAR A MEDICAL MASK SAFELY

**Do's**

- Wash your hands before touching the mask
- Inspect the mask for tears or holes
- Find the top side, where the metal piece or stiff edge is
- Ensure the colored-side faces outwards
- Place the metal piece or stiff edge over your nose
- Cover your mouth, nose, and chin
- Adjust the mask to your face without leaving gaps on the sides
- Avoid touching the mask
- Remove the mask from behind the ears or head
- Keep the mask away from you and surfaces while removing it
- Discard the mask immediately after use preferably into a closed bin
- Wash your hands after discarding the mask

**Don'ts**

- Do not use a ripped or damp mask
- Do not wear the mask only over mouth or nose
- Do not wear a loose mask
- Do not touch the front of the mask
- Do not remove the mask to talk to someone or do other things that would require touching the mask
- Do not leave your used mask within the reach of others
- Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.
HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

**Do's**
- Adjust the mask to your face without leaving gaps on the sides
- Cover your mouth, nose, and chin
- Avoid touching the mask
- Clean your hands before removing the mask
- Clean your hands before touching the mask
- Inspect the mask for damage or if dirty
- Remove the mask by the straps behind the ears or head
- Pull the mask away from your face
- Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it
- Remove the mask by the straps when taking it out of the bag
- Wash the mask in soap or detergent, preferably with hot water, at least once a day
- Clean your hands after removing the mask

**Don’ts**
- Do not wear the mask under the nose
- Do not remove the mask where there are people within 1 metre
- Do not use a mask that is difficult to breathe through
- Do not wear a dirty or wet mask
- Do not wear a loose mask
- Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

World Health Organization