

# Basic Health and Safety Protocols in This Time of Pandemic



## For Outdoor Activities

This section of the course pack is a reminder to put safety first in all the fitness activities that you will be doing be it indoors or outdoors.

For some outdoor activities the following tips are offered for you to take note of. It is imperative that everyone observe basic health and safety protocols in this time of pandemic.

### SOCIAL DISTANCING

Staying 6 feet apart from strangers or people you do not live with. This implies that you do not do activities in a crowded place where people congregate and stay close to each other.

### WEAR MASK PROPERLY

Wear your mask properly which means covering your entire nose and mouth. You should also dispose of used masks. If using cloth masks, these masks should be washed every after use.

### OPEN SPACE

In a high intensity activity (running), wearing mask may not be possible due to the nature of the activity that may cause difficulty of breathing. Adjustments have to be made such as decreasing the intensity of the exercise so that difficulty of breathing with masks worn may be prevented.

### WASH HANDS

Wash your hands every so often with soap and water for at least 20 seconds. Bringing with you at least 60% alcohol based hand sanitizer is also a good alternative if washing of hands may not be possible because you are in an outdoor location.

### PERSONAL EQUIPMENT

If possible, do not share with others any equipment. If sharing of equipment cannot be prevented, make sure that they are frequently cleansed and disinfected. Have personal items such as towels for wiping sweat and water bottles should remain to be personal.

### DO NOT SPIT

Just like coughing and sneezing, spitting is a common way of spreading the virus. Show your care for others by observing these basic etiquette. Proper etiquette for cough and sneezing entails covering mouth with tissue and discarding it in designated receptacles immediately.

