

AIS GUIDELINES FOR MASK USAGE DURING THE COVID-19 PANDEMIC

Who should wear a mask?

Masks must currently be worn by both athletes and staff for the duration of AIS clinical appointments (medicine, physio, nutrition) and during certain elements of other appointments (for example biomechanics or physiology testing).

Tips for wearing your mask



You may use a single-use mask continuously for up to 4 hours, as long as it does not become moist, soiled or damaged. **Do not store and reuse single-use masks.**



Avoid touching your mask while you are wearing it. If you do touch it, wash or sanitise your hands immediately.



If your single-use or cloth mask gets soiled or damp, replace it with a new one.



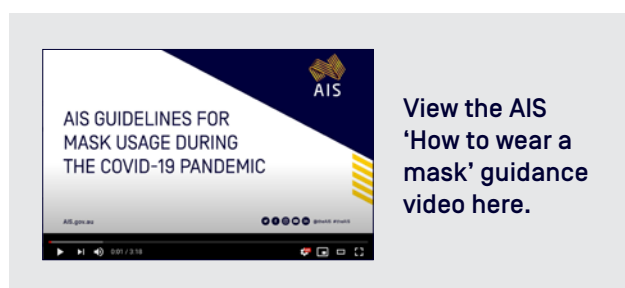
Once the mask is on, do not pull it down over your chin to talk, eat, drink or for any other reason. If necessary remove it and apply a new one.

Putting on your mask

1. Before putting on your mask, wash your hands for at least 20 seconds with soap and water, or use hand sanitiser with at least 60% alcohol.
2. Disposable masks are to be put on once only, do not re-use a disposable mask.
3. If you are using a single-use mask, position the coloured side of the mask outward.
4. If the mask has ear loops, hold the mask by both loops and place one loop over each ear.
5. If the mask has ties, hold the mask by the upper strings and tie them in a secure bow near the crown of your head. Tie the bottom strings in a bow near the nape of your neck.
6. Mould the bendable metallic upper strip to the shape of your nose by pinching and pressing down on it with your fingers.

Removing your mask

1. Avoid touching your eyes, nose or mouth while removing mask and remove away from others if possible. Wash your hands before removing the mask.
2. Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, untie the bottom one first, then the top. Lean forward as you remove the mask from your face.
3. Dispose of single use masks in a rubbish bin immediately, or wash and dry reusable masks.
4. Wash your hands for at least 20 seconds with soap and water, or hand sanitiser with at least 60% alcohol.



View the AIS 'How to wear a mask' guidance video here.