

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.

View the AIS 'How to wear a mask' guidance video [here](#).