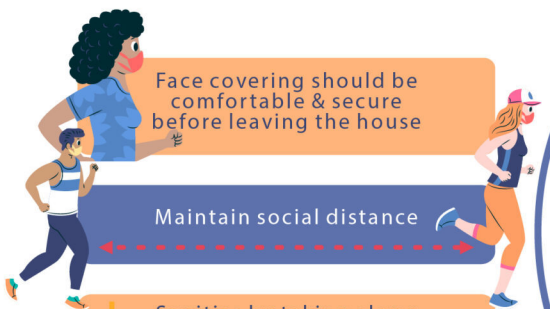
Practicalities of wearing a face mask during exercise

DURING EXERCISE



Face covering should be comfortable & secure before leaving the house

Maintain social distance

Sanitise by taking along travel-sized sanitisers in your pocket

Existing heart or lung conditions: exercise at a lower intensity than usual while wearing a mask

Avoid touching your face during exercise

Take a second mask/buff along during exercise sessions for replacement of the damp one

TAKE NOTE

do not exercise with febrile illness

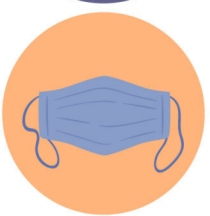
AFTER EXERCISE

Effective Hand Hygiene

when you return home after exercise

Remove the Mask Correctly

after exercise by untying it from behind. Avoid touching the front area of the mask, particularly the inner layer



Wash Your Mask/Buff Regulaly

preferably iron it dry and do not re-use masks designed for single use