

The Mount Safe Initiative seeks to safeguard the health and well-being of all members of the Mount community during the COVID-19 crisis while fostering student success. Our policies and procedures will be updated as our knowledge about and understanding of the virus evolves.

DETAILS

- Wear a mask indoors and outdoors when in the presence of others.
- Lower intensity sports: Wear a mask and practice physical distancing. Masks are especially important when it is difficult to stay less than 6 feet apart from other people. This includes social outdoor activities such as games of corn hole, can jam, spike ball, etc. ·
- Higher intensity sports: People who are engaged in high intensity activities, like running, may not be able to wear a mask as it may become damp/wet from sweat (which promotes the growth of microorganisms) and/or it causes difficulty breathing. If a mask cannot be worn, then physical distancing is imperative.
- High contact sports: People who are engaged in pick-up games such as soccer, volleyball and ultimate Frisbee need to wear a mask and avoid contact with others. Do not engage in intense basketball or football games that naturally involve bodily contact.
- In situations where individuals might raise their voices, such as shouting or chanting, the CDC strongly encourages wearing masks.
- Do not share towels, clothing, water bottles or other items that are used to wipe faces or hands. No high-fives, handshakes, fist bumps, etc.
- Try to minimize sharing of equipment to the extent possible (e.g., protective gear, balls, bats, frisbees).
- Clean and disinfect equipment between uses.
- Wash hands thoroughly after the activity.

RESOURCES

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Please be considerate of your fellow Mounties by complying with these policies.