



# ATHLETES:

## HOW TO MINIMIZE THE RISK OF COVID-19 TO YOU AND LOVED ONES DURING TRAINING

### BEFORE THE GYM:



- Remove your watch and jewelry
  - Bring a change of clothes to the training center in a washable bag
  - Practice proper hand hygiene
  - Bring a pair of shoes to change into following training
  - Bring your own water bottle
  - Bring your own shake in a clean shaker bottle
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### AT THE GYM:



- Sanitize your phone, eyewear, keys, or anything else another person or surface may touch regularly
  - Wipe all equipment prior to use
  - Avoid handshakes and high fives
  - Avoid spotted exercises
  - Avoid close quarters cardiovascular training
  - Wear appropriate PPE as directed
  - Practice social distance of 23-27 feet (recommendation for heavy breathing)
  - Avoid public drinking fountains
  - Hand hygiene before/after each exercise or when touching new surfaces
  - Avoid touching the face
  - Spray and wipe all equipment before and after use
  - Avoid wiping sweat from your face with your shirt or towel during training
  - Hand hygiene prior to eating or drinking during training
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### AFTER THE GYM:



- Sanitize phone, keys, ID badge, eyewear, etc.
- Change out of your training clothes and put them into a washable bag
- Hand hygiene before entering your car
- Wash training clothes and reusable PPE in the washing machine on the highest heat setting immediately after arriving home
- Shower immediately after arriving home
- Put your water bottle/shaker in the dishwasher or hand wash immediately after arriving home on the highest heat setting
- Leave shoes outside in the garage or outside the front door
- Complete any wellness monitoring as prescribed by your coaching staff or medical team