



## Phase III, Step 1 | Operating Standards & Guidelines

Version 2.0 – August 17, 2020

Based on the 8/13/2020 EEA Expansion of Activities Number 1

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During Phase III, Step 1, Expansion of Activities Number 1, of the Massachusetts re-opening, the rink will adopt and implement the following measures to ensure the safety of our patrons, staff and community. These measures may be updated as further federal/state/local guidance becomes available. Phase III, Step 2 of the statewide reopening may include changes and updates to these best practices and as such a new guideline will be created and implemented to comply.

These measures will be posted both at the rink and on the rink website page to ensure maximum awareness and transparency. Staff will be trained on all aspects of these measures as well as the requirement for full compliance. Participants and spectators will also be provided with the information pertaining to their responsibilities and limitations of use required for the safe enjoyment of the ice rink.

### **General Guidelines:**

1. Both youth and adult participants are allowed in Phase III, Step 1, Expansion of Activity # 1.
2. Health screening will be required (questionnaire for participants and employees as well as temperature check for employees).
3. Face coverings **MUST** be worn by everyone at all times on the premises with the exception of participants ON THE ICE AND ENGAGED IN AEROBIC ACTIVITY when not reasonable and social distance (6') can be assured. Coaches / instructors are **NOT** exempt from the face covering rule even when on the ice. Learn to Skate and figure skating participants should wear face covering on the ice unless engaged in highly aerobic skating.
4. Social distancing (6' separation) must be maintained at all times possible by staff, participants and spectators, even on the ice and in the parking lot.
5. Youth and Adult ice hockey scrimmages and games may be played **ONLY** if they comply with the game modifications as attached hereto (Exhibit A). These modifications include no checking and other measures to minimize incidental contact during play.
6. Where possible, only one parent/guardian/chaperone only should accompany the youth participant (under 21). We request that the parent or guardian return to their vehicle or outdoor space (distanced) when possible during the session but if spectating you must maintain social distance. If the limited spectator space is filled you will be asked to wait outside the facility. **AT NO TIME SHOULD A PARENT/GUARDIAN/CHAPERONE COME TO THE RINK IF THEY EXHIBIT ANY COVID-19 SYMPTOMS (see attached)!**

7. At no time shall the total of spectators, participants, coaches, officials, volunteers and rink staff exceed 40% of the rated building capacity. This includes the persons from the previous or following sessions who remain inside the facility.
8. NO SPECTATORS FOR ACTIVITIES INVOLVING ADULTS 21 AND OLDER.
9. Individuals (participants, coaches, instructors, spectators, staff) who are in high risk categories (as defined by CDC) should NOT come to the rink.
10. Avoid getting closer than 6' or contact with other participants, spectator or employee to the greatest extent possible.
11. Do not arrive to the rink earlier than 15 minutes prior to the start of your session and do not enter the rink until 5 minutes prior to the start of your session, leave the rink IMMEDIATELY after your session to minimize contact with the group before and after you.
12. Participants on the ice must be in cohorts (groups) of NO MORE THAN 10. Multiple cohorts may use the same sheet of ice but each cohort must be separated by at least 14' in all directions. No movement between cohorts is allowed. Coaches / Instructors must be kept to a minimum and are not considered part of the cohort however face coverings are required at all times even on the ice.
13. No public water fountain or bottle fill will be provided, participants and spectators should bring their own water bottles or purchase in the rink vending machines.
14. No sharing of water bottles or equipment, bring and use your own.
15. The snack bar and skate shop may be closed but the vending machines will be available. Snack and/or skate shops that open must follow the industry specific guidance and ensure social distancing by patrons.
16. Designated entrance (right front door) and exit (left front door) will be created with floor marking to ensure safely distanced walkways will be created.
17. Restrooms will be available for participants, spectators and staff only with limited occupancy posted at the entrance to the rooms (every other stall or fixture will be closed off) to ensure distancing. The restrooms will not be open to the public nor will the public be allowed to enter and spectate.
18. Sanitation protocols will be implemented in all common areas with even greater attention to touch points (handles, knobs, fixtures, benches, vending machines) and high use areas (benches, lobby, restrooms). Electrostatic fogger sanitizers will be used with spray sanitizer and wipes used as a backup. All sanitizers shall be certified to kill Covid-19 virus and be used per the product instructions.
19. Offices and all private areas will be off-limits to all but staff including meeting/ activity rooms.
20. Team rooms will be open for use only up to 50% capacity with maximum number posted. Players may need to dress sequentially in small groups if rooms do not accommodate. Face coverings are required in the rooms as they are everywhere else off the ice surface. ALL PLAYERS ARE STRONGLY ENCOURAGED TO ARRIVE DRESSED OR COMPLETE DRESSING IN THE PARKING LOT AND PUT SKATES ON IN THE ASSIGNED AREAS – SOCIAL DISTANCED.
21. Showers will be closed for all use – NO EXCEPTIONS.
22. Player benches may be used only with 6' social distancing. If space is not adequate players must sit or stand outside the benches in a designated socially distanced area until it is. Face coverings ARE required for players on the bench any time their helmet/mask /shield is removed.

### **Facility Operations Specific Guidelines:**

1. Complete MA Business Compliance AND Sport Compliance attestations as well as Sport Facility Operator checklist and post with MA required employer / employee posters in the rink office.
2. ALL staff shall complete a health checklist upon entering the facility and record their temperature. The staff person shall immediately contact the rink manager if there is any deviation from the normal and healthy range. The manager shall immediately relieve the staff person until medical attention has been provided and the staff person cleared to return. All staff are encouraged to take their temperature before coming to the rink and report any abnormality or symptoms to the manager in advance for replacement.
3. In the event of a Covid 19 positive case with anyone (staff, participant, spectator, etc.) we will close the facility immediately and perform an in-depth sanitation regimen of ALL areas prior to re-opening. Report any staff or persons who may have been in contact or exposed to the person testing positive. If any staff person may have been exposed they must cease working immediately and not return until cleared by testing.
4. All staff must follow FMC employee guidelines for frequent hand washing, face covering, hand covering, enhanced cleaning/sanitation and other pertinent guidance or policy.
5. Establish one-way traffic patterns to maximize distancing with directional wall signage and tape markers on the floor. This includes separate enter and exit ways as noted in general guidance.
6. Using tape, mark off 6' distancing guides for lobby benches, and spectator areas around the dashers, being sure to maintain distance at all dasher gates.
7. Set up folding chairs a minimum of 6' apart against the wall in the rink area to accommodate participants putting on their skates. No more than 10 chairs should be placed in a grouping with all other groupings located 14' apart. These groupings will be cleaned and sanitized in between each use.
8. Close/secure concession stand during Phase 3, Step1.
9. Bleachers may be used only if marked for social distancing.
10. Locate and maintain hand sanitizer (at least 60% alcohol) at the facility entrance and exit as well as at the spectator and ice rink gate.
11. Ensure hand washing soap is available and stocked in all open restrooms.
12. Rental skates and skate aids are allowed during phase III, Step 1 provided they are thoroughly sanitized between every use.
13. Clean and sanitize restrooms, seating, vending machines, player benches, ice gates and all high touch areas after each session following FMC guidelines. Record the date/time/scope of the cleaning and sanitation into the FMC log. Electrostatic sanitizing fogger units should be used.
14. Chalk open doors in public areas wherever possible or practical to reduce high touch points.
15. Post high visibility signage at the entrance and key locations of the facility to remind staff and visitors of hygiene and safety protocols.
16. Relocate rink first aid kit to the home player bench and sanitize after any use.

### **Participant / Spectator / Organizer Specific Guidelines:**

1. RULE #1: Safety is EVERYONE'S responsibility: these standards and guidelines are meant not only to protect you, but just as importantly the people you come in contact with, your friends,

your family at home and our community at large. Please remember that and keep in mind that your actions could inadvertently put them at risk. Your good faith adherence to these measures will go a long way to ensuring the rink is a safe place for all of us. Any concern with the level of cleanliness / sanitation or adherence to these guidelines should be immediately brought to the attention of FMC at (888) 747-5283 or [customercare@fmcicesports.com](mailto:customercare@fmcicesports.com). You are our eyes and ears and our partner in creating a safe environment for everyone to enjoy being on the ice again!

2. Program organizers are responsible to educate, supervise/ manage participants, spectators and all others involved with the program to ensure compliance with these and the general guidelines above. They are also responsible to record and submit to FMC the name of each participant, coach, official and spectator as well as their contact information to assist with contact tracing if necessary.
3. All participants (including coaches and instructors) will be required to complete a questionnaire / certification (see attached) prior to your first visit to the rink. This questionnaire is intended to prevent anyone with symptoms or potential exposure from coming to the rink and must be answered fully and honestly. Any changes to answers given during the course of participation will require an immediate notification to the program director and/or rink manager, leave the rink immediately and you must refrain from returning until such time as you are officially cleared.
4. When possible, leave an open parking space on both sides of you when parking at the rink to create safe distancing and space for hockey players to complete dressing.
5. Come to the rink ready: have your skating outfit or hockey uniform and as much equipment as possible on when you arrive at the rink, put any remaining gear on at your vehicle if possible and finally put your skates on in the designated area of the rink if you cannot put them on at your vehicle and walk in with guards. The more we can minimize dressing inside the rink the lower the risk of transmission will be and the more time you will have to be on the ice. Team rooms may be available at 50% capacity but you are strongly encouraged to come ready.
6. Don't come early and don't stay after: please arrive no later than 15 minutes prior to your scheduled session. Wait in your vehicle until 5 minutes prior to the session start time and then enter the rink through the marked "entrance". Go directly to the area assigned for putting on skates. Once skates and/or hockey equipment are on, wait in your assigned area until called to enter the ice. Maintain social distance (6') at all times during this pre-session including queuing up to enter the ice. When the session ends, immediately exit the ice, remove your skates and return to your vehicle through the marked exit. This protocol is intended to limit any crossover between groups.
7. Participants (including coaches and instructors) must properly sanitize hands prior to and immediately after each session. The program organizer is responsible to provide sanitizer (60%+ alcohol based) for this purpose.
8. Hockey scrimmages and games are only allowed when the attached game play modifications are followed. NO EXCEPTIONS!
9. Wear your face covering: all participants (including coaches and instructors) must wear a face covering at all times on the rink property. The only exception is participants (not coaches, instructors or officials – these must wear face covering on the ice) on the ice during aerobic activity as this may not be practical and could be detrimental during physical exertion. When it is practical please wear the face covering on the ice. Remember a face covering is not really meant to protect you, it is meant to protect everyone around you from potential exposure. Respect and care for them by wearing your face covering.

10. Parents/guardians/chaperones are encouraged to assist your participants to follow the guidelines and help them to maintain distance. Refrain from assisting others as much as possible to avoid any potential for transmission. Again, wear face coverings at all times.
11. Participants must stay in their cohort (group) at all times during the session and may not cross over into other cohorts during the session. However, participants may participate in other cohorts in subsequent sessions that day or in the future but must always remain in the single cohort every session.
12. Distancing on the ice IS REQUIRED (with the exception of hockey game play): within each cohort there must be at least 6' of distance between each participant. There must also be at least 14' of distance between each cohort. These requirements are to protect YOU and prevent the transmission / spread of the Covid-19 virus. Coaches/Instructors/Program Managers are responsible to ensure the distancing requirements are adhered to. We understand there may be incidental violation of this requirement but it is your responsibility to organize and manage programs/cohorts to ensure compliance to the greatest extent possible.
13. Participants must refrain from "handshakes", "high fives", "fist bumps" or any other type of customary contact in order to minimize potential for transmission.
14. Personal equipment cannot be shared and must be dedicated to an individual player throughout the season. Personal equipment includes all gear that is worn by players (e.g., gloves, helmets, masks, skates, footwear, pads, etc.).
15. Shared drink or food is not allowed and the rink water bubbler/ water bottle fill will be closed off to avoid potential for transmission.

**THANK YOU FOR YOUR HELP AND COOPERATION AND LET'S GET BACK ON THE ICE!**

**Exhibit A.**  
**Mandatory Hockey Practice, Scrimmage and Game Modifications**

1. **NO BODY CHECKING IS ALLOWED.** All games, regardless of age / level / gender must be played under the USA Hockey No-Check rulebook traditionally used for girls and 12U levels. This includes all high school, junior and adult play as well.
2. **Face-Offs:** Defenseman will position a minimum of 6' apart; Wings must face sideways and physically distance from centers and opposing players. Centers must remain distanced until signaled by official to approach for puck drop.
3. **Timeouts:** No timeouts during games will be allowed to eliminate team and coach close contact at Youth Level. Timeouts will be allowed at the high school and older age levels per game/league rules.
4. **Hockey practices:** Practices are limited to small group trainings of no more than 10 in a cohort. Players within the cohort must be socially distanced to the greatest extent possible. Multiple cohorts may use the same sheet of ice as long as each cohort is 14' or more apart. Coaches and players in each cohort must remain with that cohort the entire practice and never cross over into another cohort.
5. **Sideline/Bench Area:** Player benches will be marked to keep players 6' apart whenever they are in the box. Benches will be extended outside the box to accommodate more players. It is the coach's responsibility to organize players / lines to safely facilitate the rotation of players from outside the box.
6. **Penalty Box:** Only one player at a time is allowed in the penalty box. When more than one penalty is being served simultaneously, the other player shall serve their penalty on their respective team bench.
7. **Additional Personnel / Volunteers:** Other personnel and/or volunteers (coaches, officials, scorekeepers & spectators) must keep socially distanced and wear face covering at all times.
8. **Locker Rooms:** Locker rooms will be available up to 50% capacity as posted next to the door. Coaches shall be responsible to socially distance rotate players through the room if the capacity is not sufficient for the team. Face covering is required at all times in the locker rooms for participants and coaches. No showers will be available for use. *We STRONGLY encourage all players to come to the rink dressed and ready, putting your skates on once inside.*
9. **Water bubbler:** Water bubblers will be removed or covered. Participants must bring or purchase their own water and are not allowed to share it with anyone else.
10. **Players:** Must wear face coverings at all times, except when wearing protective helmet.
11. **Integrated Face Shields:** Helmets with protruding masks or shields, large foam chin straps that cover a significant percentage of mouth area are required. Participants are required to wear face coverings any time the helmet mask/shield is removed.
12. **Personal Equipment:** Players must transport their own equipment, only player or parent should handle their equipment. Players must not share equipment or hydration at any time.

**These measures are MANDATORY and not discretionary. Failure to comply with these modifications or the previous general requirements will result in the suspension from the facility of players, coaches, teams or spectators.**

**Exhibit B.**  
**Participant Certification and Release of Liability**

Each participant or legal guardian is required to sign this document prior to program participation or facility use.

This shall certify that I, as participant or parent/guardian with legal responsibilities for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, I or my child/ward understands and accepts these risks and responsibilities for myself and child/ward. I hereby certify the following:

- a. I have not traveled outside of the state of Massachusetts within the last 14 days, except to states currently designated as "lower risk" by the Commonwealth of Massachusetts, and
- b. I have not to the best of my knowledge had ANY close contact nor cared for someone who has been diagnosed with Covid-19 within the last 14 days, and
- c. I have not experienced ANY cold or flu symptoms within the last 14 days – regardless of severity, these symptoms include but are not limited to: fever, chills, shaking with chills, muscle pain (unrelated to physical exertion), headache, loss of taste or smell, cough, sore throat, respiratory illness, shortness of breath or difficulty breathing, and
- d. I certify that if any of the conditions attested to in a. through c. above changes during the term of this participation, I will immediately cease participating and bring such change(s) to the attention of the arena manager or program director. I understand that I may not be allowed to resume participation for at least a period of 14 days or until providing documentary evidence of testing negative for Covid-19, in this instance I agree to cooperate fully with public health and other officials in developing contact tracing, and
- e. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. I further agree to comply fully with applicable federal, state and local guidelines with regard to Covid-19. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official or management immediately, and
- f. I accept that participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and Covid-19. While rules and personal hygiene / discipline may reduce this risk, the risk of serious illness and / or death does exist; and,
- g. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my participation, and
- h. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless FMC Ice Sports, their officers, officials, agents and / or employees, other participants, sponsors, and owners of premises used to conduct the activity or event, with respect to any and all illness, disability, death or damage to person or property, whether arising from the negligence of releasees or otherwise, to the fullest extent permitted by law.

Name of Participant: \_\_\_\_\_ Participant signature: \_\_\_\_\_

Date signed: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Name of Legal Parent/guardian (if participant is a minor): \_\_\_\_\_

Parent / guardian signature: \_\_\_\_\_

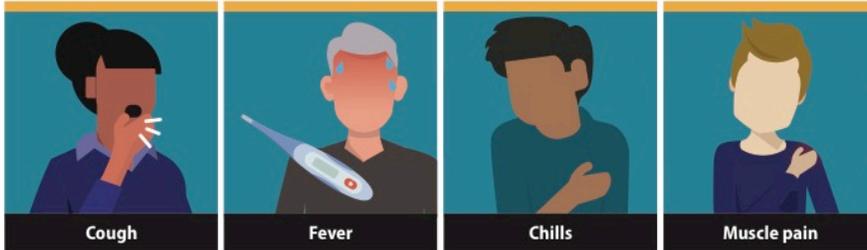
Date signed: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

## Exhibit C. Typical Covid-19 Symptoms

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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# YOUTH AND ADULT AMATEUR SPORT ACTIVITIES ACTIVITY ORGANIZERS MA COVID-19 Checklist



## SOCIAL DISTANCING Ensure >6ft between individuals

Competition and Tournament Organizers must adhere to the following:

- Outdoor Competitions & Tournaments Capacity Limits:
  - No more than 25 players on any surface/playing area for team/group sports
  - No more than 50 people excluding players, coaches, referees, or facility/activity workers in the aggregate in, on, or surrounding any surface/playing area or start/finish lines at any one time, provided that there is adequate space for all players, coaches, referees, facility/activity workers to maintain at least six feet social distancing, recognizing that for some moderate risk sports intermittent contact may occur for players
  - Spectators must wear facial coverings and maintain six feet of social distance at all times
  - For competitions and tournaments in the water, the aforementioned limitations apply to any applicable activities on land
  - No spectators are allowed for sports and activities played by individuals 21 years and older
- Indoor Competition Capacity Limits:
  - No more than 25 players on any surface/playing area for team/group sports
  - If an indoor facility has a chaperone or spectator viewing area which allows for at least six feet social distancing between spectators and the presence of spectators plus players, coaches, referees, and facility/activity workers does not cause the facility to exceed more than 40% of the maximum occupancy for the indoor facility, then 1 spectator per player under 21 years old is allowed to attend
  - Spectators must wear facial coverings and maintain six feet of social distance at all times
  - For indoor competitions in the water, the aforementioned limitations apply to any applicable activities on land
  - No spectators are allowed for indoor competitions for sports and activities played by individuals 21 years and older
- Multiple Playing Surface Capacity Limits:
  - For facilities with multiple fields, surfaces, courts, etc. the above capacity limitations for Outdoor Competitions & Tournaments and Indoor Competitions shall apply per playing field, surface, court, etc. provided that there is adequate spacing for at least six feet social distancing for all individuals, including those at adjacent fields, surfaces, courts, etc.
  - Activity Organizers should set Competition and Tournament schedules with a time buffer to prevent the overlap of competitions at any one time and to allow for disinfection of equipment and cleaning of commonly touched surfaces, if necessary. Games should end in a draw if time expires
  - For facilities with multiple fields, surfaces, courts, etc., Facility Operators & Activity Organizers should mark off designated areas for spectators for each field, surface, court, etc. to minimize the overlap of spectators from adjacent fields, surfaces, courts, etc.
- For team and group sports, no more than 25 players or participants can be on a single playing surface/area/court at any one time. The number of coaches and staff should be limited. Larger playing areas and surfaces, such as athletic fields, tracks, facilities that have multiple courts or playing areas, may be used by more than one group of 25 at one time, provided that adequate social distance and group separation can be maintained. To ensure group separation, groups must be spaced at least 14 feet apart while sharing a single playing surface, court or field
- Dugouts, benches & bleachers are allowed to open only if six feet of distance can be maintained between each participant at all times and they can be thoroughly cleaned before and after every use**
- Sportsmanship should continue in a touchless manner – no handshakes/slaps/fist bumps
- If social distancing is not possible in an athletic facility, chaperones/spectators may be asked to wait outside the facility until an activity is completed
- Activity Organizers should ensure that individuals are not congregating in common areas or parking lots following practices or events
- Once athletes have completed their competition or activity, they must leave the area if another team is taking the field or using the playing surface to ensure adequate space for distancing

# YOUTH AND ADULT AMATEUR SPORT ACTIVITIES ACTIVITY ORGANIZERS MA COVID-19 Checklist



## HYGIENE PROTOCOLS

### Apply robust hygiene protocols

- Organizers must ensure that any shared personal equipment is disinfected before use by each individual using a product from the [list of disinfectants meeting EPA criteria for use against the novel coronavirus](#). Personal equipment includes all gear that is worn by players (e.g., gloves, helmets, masks, skates, footwear, pads, etc.)
- Organizers should minimize sharing of other equipment, and clean and disinfect all shared equipment at the end of a practice session using a product from the [list of disinfectants meeting EPA criteria for use against the novel coronavirus](#)
- No shared food or drink may be provided during any activities for participants or spectators except by concessions and food service providers following the [Safety Standards for Restaurants](#)
- Water bubblers, fountains, and bottle filling stations can open. Managers are encouraged to install signs near any drinking equipment advising users to use for bottle refill only and not to touch the tap with their mouth or the mouth of their water bottle
- Participants and spectators should only drink from their own containers. Organizers must provide individual, dedicated water bottles for children if they do not have their own
- Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through handwashing with soap and water or by using an alcohol-based hand sanitizer
- Organizers should encourage athletes to arrive dressed for practice and to leave immediately after practice. Locker room and changing room use should be minimized



## STAFFING & OPERATIONS

### Include safety procedures in the operations

- To participate or attend, organizers should ensure that participants, volunteers, coaches, and spectators must show no signs or symptoms of COVID-19 for 14 days. Current list of symptoms is available from the [CDC](#)
- If any individual develops symptoms of COVID-19 during the activity, they should promptly inform organizers and must be removed from the activity and instructed to return home
- Organizers of activities are responsible for following all guidelines and creating a safe environment for participants
- Organizers must educate all participants and spectators on the applicable protocols for the relevant activity, protocols for entering/leaving the facility, and any other hygiene requirements
- Organizers in coordination with Facility Operators must ensure that hand sanitizer is available to all players



## CLEANING & DISINFECTING

### Incorporate robust hygiene protocols

- Organizers should disinfect any shared equipment before and after every clinic, practice, and game
- Organizers should assess the cleanliness and disinfection protocols being employed at the facility they are using for athletic activity. If cleanliness is low, or any other concerns arise, organizer should immediately stop any ongoing athletic activity until such time as operator can show that conditions have been brought up to the standards outlined in this guidance
- Organizers should understand the cleaning and disinfection protocols employed at the facility they are using and should raise any issues to the operator or Local Board of Health

## Face Covering Q&A

### Why do I need to wear a face covering?

The Baker-Polito Administration issued an [order](#) requiring face coverings in public places where social distancing is not possible to protect residents and slow the spread of the COVID-19 virus effective May 6, 2020.

COVID-19 is spread mainly by person to person contact and the best means of slowing the spread of the virus is by [practicing social distancing](#) and by minimizing personal contact.

Not everyone who has COVID-19 is symptomatic. Wearing a face covering reduces the chance of transmitting the virus to another person and vice versa.

Wearing a face covering is one of several measures we can take to prevent the spread of the virus. The other measures include: maintaining a distance of 6 feet from other people; frequently washing your hands and using hand sanitizer; and staying home if you are not well.

### How do you define a “face covering”?

A face covering is ideally a cloth mask with multiple layers, but it can be anything that covers your nose and mouth, including scarves, bandanas and dust masks without valves. A dust mask that has a valve will filter the air you breathe in, but not the air you breathe out. If you wear a dust mask with a valve, be sure to cover up the exhale valve with tape or another adhesive. Please do not use health care masks such as the N95 masks - those are made for health care workers and should be preserved for their use.

It is important that you wear a face covering or mask in situations where it is difficult to maintain a social distance of six feet from others. This includes, for example, in a pharmacy, grocery store or on public transportation.

### What is the best way to use a cloth face covering or a mask?

Face coverings should:

- cover the nose and mouth
- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

Face coverings should **not** be placed on young children under age 2. For children between the ages of 2 and 5, it is up to the child’s parents or guardians to decide if the child should wear one. Face coverings should not be placed on anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance. In addition, individuals who lip read as part of their method of communication do not need to wear face coverings or masks.

When putting on and taking off a mask, do not touch the front of it you should only handle the ties or ear straps. Wash your hands or use hand sanitizer after touching the mask.

**Where can I get a face covering or mask?**

Masks are available for purchase in stores and online. Face Covering Do's and Don'ts and instructions on how to make your own cloth mask are available on the [CDC web site](#).

**Do face coverings or masks need to be cleaned? If so, how do you do that and how often?**

Cloth face coverings should be washed and dried without damage or change to shape. When putting on and taking off a mask, it is important to not touch the front of it and handle the ties or ear straps. Wash your hands or use hand sanitizer after touching the mask.

**Do children need to wear face coverings or masks?**

Children under the age of 2 should **not** wear face coverings or masks. Face covering use by children 2 years of age and up to the age of 5 are encouraged but should be at the discretion of the child's parent or guardian at this time. Parents and guardians should ensure that the mask fits snugly and does not obstruct a child's ability to breathe.

**What about for people with medical conditions who are not required to wear face coverings?**

People who have medical conditions that put them in high-risk groups are advised to stay home as much as possible and avoid situations where they could be exposed to COVID-19.

**Who is exempted from wearing a face covering?**

Exceptions for wearing face masks include situations that may inhibit an individual from wearing a face-mask safely. These may include, but are not limited to:

- Those who cannot breathe safely;
- Those who, due to a behavioral health diagnosis, are unable to do so;
- Those communicating with people who rely on lip-reading;
- Those who require supplemental oxygen to breathe; and
- Those who are exercising outdoors and are able to keep physical distance from others.

**How does Massachusetts define a medical condition? Must individuals provide proof?**

Medical conditions that prevent use of face coverings include difficulty breathing because of lung and respiratory conditions, conditions that require supplemental oxygen, and behavioral health diagnoses that make someone unable to wear a mask. You are not required to provide proof of your condition.

**What is the scientific evidence that supports wearing face coverings or a mask?**

Because so many people who have COVID-19 show no symptoms, wearing cloth face coverings reduces the chance of transmitting the virus. This is especially true when someone with COVID-

19 comes within 6 feet of you, which is considered “close contact,” the range that increases transmitting infection through acts like sneezing or coughing.

Face coverings help reduce the amount of droplets that you emit when you are speaking, breathing, or exhaling. Reducing the number of droplets reduces the chance that you will spread the virus that causes infections.

Face coverings don’t replace social distancing, but they do help. That is why it’s important to stay more than 6 feet away from others.

### **Guidance on where face coverings are required**

#### **In what kinds of places are face coverings or masks required?**

Masks or cloth face coverings are always required when you can’t socially distance, for example:

- Inside or waiting in line outside of grocery stores, pharmacies, and other retail stores;
- Providing or using the services of any taxi, car, livery, ride-sharing, or similar service;
- On any form of public transit, including train or bus; and
- In an enclosed or semi-enclosed transit stop or waiting area.

#### **Which businesses does this order apply to?**

This order applies to all workers and customers of businesses and other organizations that are currently open to the public and permitted to operate, such as grocery stores, pharmacies and other retail stores.

#### **Are face coverings or masks required on public transit?**

Yes. Residents are required to wear a mask or face covering at all times when using any means of transportation service or public mass transit. This includes in an enclosed or semi-enclosed transit stop or waiting area.

#### **Is there a penalty for not complying?**

The Department of Public Health and local boards of health are authorized to enforce the face covering order and, if necessary, with the assistance of State or municipal police. Violation may result in a civil fine of up to \$300 per violation.

#### **Can a business (such as a grocery store) refuse entry to people without a face covering?**

Yes. A business may refuse entry to a person who refuses to cover their face, unless it is for medical reasons.

#### **Do you need to wear a face covering if you are outside for a walk? What about when you are running, biking, or doing other types of cardio activity?**

You must wear a mask or face covering in public places where you cannot socially distance from others.

**What about people living in apartment buildings? For example, must a person wear face coverings if they are going to lobby to get their mail?**

While you are not required to cover your face while in your apartment, you should wear a mask or face covering in common areas where you cannot socially distance from others.

**Is there guidance for polling places?**

All persons are encouraged to cover their mouth and nose with a mask or cloth face-covering while inside a polling place, even where they are able to maintain a distance of approximately six feet from every other person. All polling places should be set up to maintain social distancing during the voting process.

However, whether wearing a face-covering/mask or not, all qualified voters will be allowed to vote without consequence.

Given there is more physical contact with high-touch areas at polling places, hand hygiene, including widespread hand sanitizer use, is particularly important.