Best Practices:

- Practice social distancing
  - Maintaining at least 6 feet of space between you and others reduces the risk of contracting the virus.
  - Do NOT shake hands, bump fists, or give out high fives or autographs at this time.
- Avoid contact with anyone who reports symptoms:
  - It’s allergy season, many people are reporting symptoms of runny nose, sore throat and dry cough.
  - It’s important to be vigilant about monitoring these symptoms.
- Minimize your indoor time in public spaces, aerosols can linger for hours unless there is adequate air flow.
- Cover your coughs and sneezes, use a tissue, and then throw it away. (then wash your hands)
- Wear a face covering in public places.
- Wash your hands thoroughly and often.
- Do not touch your face! Eyes, mouth and nose.
- Clean and disinfect surfaces often: things like phones, door handles, cars, etc.
- Stay up to date on your local, county, state COVID-19 situation

Informational Resources:

- USOPC Return to Training Considerations
- Physical Distancing, face mask, and eye protection to prevent person to person transmission of SARS-CoV-2 and COVID-19.
- The Aspen Institute: Project Play
- American College of Sports Medicine
- USA Cycling
- USA Hockey
- CDC: Coronavirus
- WHO: Coronavirus
- EPA: List N

Travel Advisories:

- CDC Travel:
- State Department and Dept Homeland Security:
  - https://travel.state.gov/content/travel.html
- Oregon:
  - https://www.clackamas.us/coronavirus
  - https://govstatus.egov.com/reopening-oregon#phase1
- Austria:
  - https://www.austria.org/current-travel-information
- Switzerland:
  - https://ch.usembassy.gov/covid-19-info/
- Utah:
  - https://summitcountyhealth.org/coronavirus/
  - https://slco.org/health/COVID-19/data/

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