



The mayor of Orange County, FL has placed a mandate that all persons in the county wear a mask covering their face. Please be aware that certain exceptions do exist in this order and our coaching staff and athletes do fall under these written exceptions.

ATHLETES:

Athletes should not wear masks while participating in physical activity. Masks reduce oxygen intake during exercise and at rest, causing a potential for safety concerns during exercise. Athletes may become lightheaded or even worse, faint (especially for those who unknowingly may be predisposed to asthma type symptoms). Masks will often also block an athlete's vision while in motion thereby posing a very serious risk of bodily injury while performing a sport like gymnastics and aerial silks. Finally, athletes will often adjust the mask thereby posing a higher risk of spreading "droplets" as they use equipment. However, recreational athletes (not competitive team athletes) that choose to wear masks, can do so, however they will need to take frequent breaks during class and not partake in vigorous exercises such as running and jumping for extended periods of time. Nor can these athletes do large skills such as back handsprings, etc.

This complies with Orange County Executive Order No. 2020-23 as referenced below.

COACHES:

Coaches will not be permitted to wear masks while coaching physical activities. Masks reduce communication effectiveness with coach and athletes causing a further danger when trying to instruct athletes on necessary safety requests and directives. Full projection of the voice assures the athlete can take corrections, warnings, and necessary commands quickly. Also, wearing a mask while coaching will become an irritant, causing the coach to frequently touch and adjust the mask. The mask, having accumulated large sums of droplets, will then be a breeding ground for any potential virus contamination. The coach, having to touch equipment frequently, will therefore be spreading more droplets than if he/she had not had a mask. Not wearing a mask allows droplets to dissipate through air at safe social distances via regular breathing. Therefore, coaches will keep social distance by not spotting athletes unless for necessary safety intervention.

This complies with Orange County Executive Order No. 2020-23 as referenced below.

EXCEPTION CLAUSE OF OCFL EXECUTIVE ORDER NO. 2020-23:

Section 3. Exceptions

- a. Nothing herein shall require the wearing of face coverings by the following people:
 - i.) Persons under the age of two years old; or
 - ii.) Persons for whom a face covering would cause impairment due to an existing health condition; or
 - iii.) Persons working in a profession who do not have any face-to-face interactions with the public; or
 - iv.) Persons working in a profession where use of a face covering will not be compatible with the duties of the profession; or
 - v.) Persons exercising while observing social distancing in accordance with the CDC guidelines.
- b. This Order does not apply to employees and patrons of first response, government, healthcare or medical, veterinarian, shelter or rehabilitation, childcare, utility providers, construction, or transit agencies.



VIEW FULL ORDER: <https://bit.ly/3dgaPYn>

