



Student Guide to Face Coverings

Face Coverings: A cloth or paper mask, scarf, bandana, gaiter or religious face covering that covers the mouth and nose. Whichever you choose, please ensure that there are two layers of fabric. If you are wearing a gaiter/ bandana with only one layer, please fold it over to create two layers. Gaiters/bandanas are not recommended.

Face Shields: A clear face shield that extends below the chin in the front, to the ears on the sides and with no gap between the forehead and the headpiece may be used and only in certain specific circumstances.

Face Covering Does Not Mean:

- Any mask or other item that includes a valve, hole, gaps or openings to facilitate easier breathing, or is made of a mesh material.
- Safety goggles that cover only the eyes or only the eyes and nose.
- A face shield.

Face Covering is Required:

- Whenever I am indoors in all RPS buildings.
- On all RPS buses and vans.

Face Covering is Not Required:

- When I am eating or drinking.
- When I am outside.
- When I am participating in indoor activities involving playing musical instruments (if the instrument cannot be played while wearing a face covering).
- If I cannot tolerate a face covering due to a developmental, medical or behavioral health condition and a medical exemption has been approved for me.
- If I have an IEP/504 and am receiving specialized instruction or service where wearing a face covering is problematic.
- When I am participating in athletics competitions, I may temporarily remove my face covering during competitive game play. However, I must keep my face covering on when I'm not actively playing (on the bench) and at all other times, including practice and warm-ups.

How to Make Your Mask More Comfortable:

- If it bothers your ears, you can get a headband with buttons, a plastic "ear-saver" or hook it around pigtailed.
- You can purchase a mask that ties in the back of the head instead of looping over the ears.
- If your mask doesn't fit tightly enough, try tying a knot in each ear strap.
- If your glasses fog up when wearing the mask, try folding a small piece of tissue and setting it between your nose and the top of the mask.

Care & Disposal:

- Never share or trade your face covering with someone else!
- Make sure you have a safe place to put your face covering when you take it off outside or to eat or drink so that it does not get mixed up with someone else's.
- The same face covering can be worn throughout the school day unless it becomes dirty or wet, in which case it should be replaced with a new, clean one.
- Masks should be washed each day. You can put in the regular laundry on the warmest appropriate setting for the type of cloth or hand wash it with soap and hot water, then hang it to dry overnight.
- Used disposable masks should be thrown away.

Exemptions:

- Individuals with a medical condition, mental health condition or disability that makes it unreasonable to maintain a face covering.
- Children who are 2-years-old or younger should never wear a face covering.

Exemption Process:

- Students who cannot tolerate a face covering due to a developmental, medical or behavioral health condition may be exempt from wearing a face covering. An exemption form must be signed by a parent/guardian and a medical authority. A medical authority includes a medical doctor, psychiatrist, clinical psychologist, physician assistant or nurse practitioner (a person licensed to write prescriptions in Minnesota). The most common accommodation would be to wear a face shield instead.

How to Safely Wear Your Mask



Step 1: Wash or sanitize your hands.



Step 2: Make sure the top of the mask is over your nose and the bottom is under your chin.



Step 3: Place the mask over your nose and mouth before you use the ear straps or tie it behind your head.



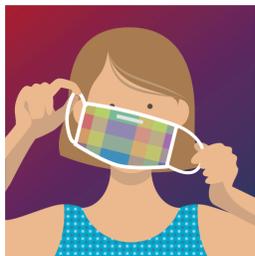
Step 4: Move the mask around so it covers nose, mouth, and chin completely.



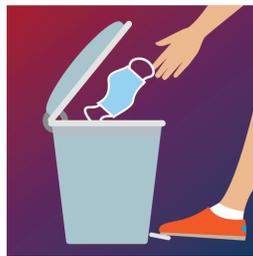
Step 5: The tops of some masks can bend. Press your fingers on the top of the mask to make them fit tight around your nose.



Step 6: Do not touch the mask while wearing it. Use the mask ear straps or ties if you need to make it fit better.



Step 7: Use the mask ear straps or ties to take it off. Do not touch the front.



Step 8: Throw away if mask is disposable.



Step 9: Wash your mask by machine or by hand before you use it again.



Step 10: Wash or sanitize your hands again.

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Minnesota Department of Health | health.mn.gov | 651-201-5000 | Contact health.communications@state.mn.us to request an alternate format. | 07/15/2020

Exemption Form and Board Policy 548: COVID-19 Face Covering can be found on our website:
<https://www.richfieldschools.org/about/policies>