



Ref.No. 008/2021

Thursday 28th January 2021

The use of masks in P.E. class

Dear Parents/Guardians,

I would like to inform you that all students will be requested to remove their masks during Physical Education classes as of Monday 1st of February 2021. This is in line with guidance from the World Health Organization. Masks should not be worn during physical activity as they reduce your breathing capacity and can create breathing problems. The guidance on this can be found on the WHO website here: <https://www.who.int/news-room/q-a-detail/coronavirus-disease-covid-19-masks>.

And here: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters#:~:text=People%20should%20NOT%20wear%20masks,one%20meter%20from%20others>.

There is also a very good article posted by Bangkok Hospital regarding this matter, which can be found here: <https://www.bangkokhospital.com/en/content/wearing-mask-while-exercising>.

It is important to state that the guidance on this matter is even relevant to areas with high transmission and when exercising in public. Thankfully, we are in an area with very low transmission and the students are all effectively in a bubble with their classmates.

Can people wear masks while exercising?

People should **NOT** wear masks when exercising as masks may reduce the ability to breathe comfortably.

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms.

The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

#Coronavirus #COVID19 World Health Organization

15 June 2020

Yours sincerely,

Mr. Scott Ritchie
P.E. teacher

