



STAY HEALTHY STAY ACTIVE



The DOs and DON'Ts of exercising on shift during the COVID-19 pandemic

The coronavirus (COVID-19) pandemic has affected every aspect of our lives. Avoiding group settings and practicing social distancing has helped to keep us safe, but each recommendation has also made it more challenging to stay physically active, particularly while on duty. Given the wide-ranging benefits that regular exercise can have on our physical, emotional and mental health — it is critical that we continue to stay active to stay healthy, with a few minor considerations.

DO continue to exercise on duty.

DO workout with your peers if it's possible to maintain social distancing.

DO move equipment so that multiple people can exercise at the same time.

DO exercise at different times throughout the day Limit number of people in exercise space (schedule permitting)

DO use different exercise environments (space permitting) to accommodate more people.

DO disinfect equipment after every use. Be mindful of those who will use after you.

DO experiment with workouts that can be performed with 1-2 pieces of equipment.

DO challenge yourself to maintain your current fitness level.

DON'T stop exercising on duty.

DON'T spot your peers or perform exercises that require a partner.

DON'T run, bike, row, lift weights, etc., next to your peers.

DON'T exercise at the same time in the same space as everyone else if social distancing cannot be maintained.

DON'T exercise in alternative environments that impose additional risks.

DON'T use equipment that cannot be disinfected after a single use.

DON'T share equipment with your peers during a workout if it cannot be disinfected between uses.

DON'T experiment with long duration, high-intensity activities.