

# Order 8 - CLOTH FACE COVERINGS OR MASKS ORDER

The Metro Public Health Department has just officially posted Order 8 - CLOTH FACE COVERINGS OR MASKS ORDER.

“...the Medical Director finds that it is in the best interest of the public peace, health, welfare, and safety, and to preserve the lives and protect the health of citizens of Nashville and Davidson County, to require that cloth face coverings or masks be worn by persons when interacting in public places in Nashville and Davidson County.

NOW, THEREFORE, BE IT ORDERED by the Medical Director of Nashville and Davidson County that: 1) cloth face coverings or masks shall be required within Nashville and Davidson County as set forth in this Order to slow the spread of the novel coronavirus disease, known as COVID-19;...”

## So, what does this mean for QNTM?

- Face coverings on QNTM premises will be required at all times, covering one’s mouth & nose, with the following **TEMPORARY** exceptions:
  - Once safely positioned inside of classrooms while maintaining 10’ distancing
  - While engaging in heavy physical exertion while maintaining 6’ distancing
  - Because of a medical condition
- Members and Guests will need to obtain their own masks prior to entering the premises, though QNTM will have some available for sale
- The Order goes into effect on Monday (6/29), but citations will begin Friday (7/3)

## **What is “Heavy Physical Exertion?”**

If you're capable of staying 6 feet from anyone around you.... and feel the medical need to pull down your mask mid sprint or mid set, go ahead. However, understand that the second that exertion is over, the mask has to go back up. If you can, it's a lot easier to just leave it on.

The full Metro Health document can be found here:

<https://www.asafenashville.org/wp-content/uploads/2020/06/Order-8-FACE-MASKS-FINAL-SIGNED-V4-Amended-Children-section.pdf>