

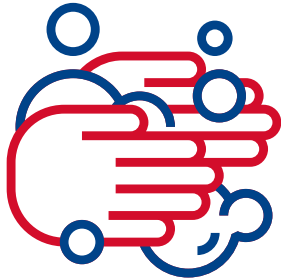
Travel Recommendations



This guidance is provided in connection with some states relaxing stay-at-home orders, and players and staff beginning to travel back to their team market from other locations to participate in voluntary, individual activities at team facilities.

Any player or staff member located within reasonable driving distance of their team market should travel by car so as to avoid more crowded travel settings. As in all situations, please remember to practice good hand hygiene when driving by, for example, disinfecting your hands after pumping or paying for gas or purchasing items at a convenience store, and being mindful of your car door handle (either disinfecting it or only touching it after you disinfect your hands).

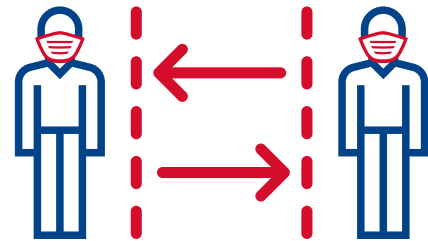
Where air travel is required, please review and follow the recommendations for safe air travel in this document, which are based on guidance from the Centers for Disease Control and Prevention (CDC) and the Transportation Security Administration (TSA) and discussions with the Players Association, team physicians, and other medical experts. Please note that, although players or staff who charter flights may not encounter all of the same issues, similar principles such as physical distancing when possible, wearing masks when in the vicinity of others, and being mindful of disinfecting surfaces and hand hygiene – continue to apply.



Wash Your Hands



**Stay At Home
If You Are Sick**



Keep Physical Distance



**Cover Your Cough
Or Sneeze**



**Wear A Cloth Face
Covering In Public**



**Seek Out A
Window Seat**

Travel Recommendations



At all times:

- ▶ **Clean your hands often.** Wash your hands often with soap and water for at least 20 seconds or if washing hands is not possible use a hand sanitizer that contains at least 60% alcohol.
- ▶ **Avoid touching your eyes, nose, and mouth.**
- ▶ **Avoid close contact with others.** Try to keep as much physical distance between you and others, but at least 6 feet.
- ▶ **Wear a facemask or face covering** when in public.
- ▶ **Cover coughs and sneezes** with a tissue, throw used tissues in the trash, and clean your hands.
- ▶ **Be prepared.** Travel with a face mask or cloth covering, hand sanitizer and disinfecting wipes, and bring any medicines you may need for the duration of your trip.

Before you travel:

- ▶ As a reminder, stay home as much as possible and practice physical distancing to avoid close contact with other individuals outside your household.
- ▶ If you have a chronic medical condition or are thought to be at higher risk of severe illness, you should discuss with a physician whether you should travel at all.
- ▶ **Don't travel if you are sick** or travel with a sick companion.
- ▶ Coordinate and consult with your team so that they are aware of your travel plans, can assist you in preparing for your trip, and can advise you on pertinent information, including applicable travel or government restrictions.

Travel to and from the airport:

- ▶ Travel alone in your personal vehicle and avoid public transport, including rideshares and taxis.
- ▶ If this isn't possible, seek to arrange a car service with only yourself and the driver present. You and the driver should both be wearing masks. Remember to clean your hands often and to avoid touching your face, especially after touching frequently touched surfaces such as door handles.
- ▶ If possible, try to avoid other individuals handling your baggage.

Travel Recommendations



At the airport and in the air:

- ▶ At the airport and for the duration of your flight, wear a facemask or face covering. Please be aware that you are allowed to wear a facemask or face covering during the screening process although a TSA officer may ask you to adjust the mask to visually confirm your identity.
- ▶ Clean your hands immediately before and after the security screening process.
- ▼ To facilitate a quick screening process and minimize your chances of enhanced security screen (including patdown):
 - Place personal items such as wallets, keys, phone, etc., in your carry-on bag before you get to the checkpoint to avoid placing unnecessary items in the bins.
 - Make sure to leave all liquids over 3.4 ounces and prohibited items at home. Note that up to 12 ounces are now allowed for hand sanitizers although they may be subjected to additional screening.
 - If TSA determines a patdown is necessary, ask the TSA officer to change into new gloves before doing so.
- ▶ Only purchase or bring from home pre-packaged food and beverages. Wipe the outside of the packaging with a disinfecting wipe if you have one. Always wash or clean your hands before eating or drinking.
- ▶ Prior to and when boarding the plane, maintain as much physical distance from other individuals as possible.
- ▶ To maximize physical distance from other passengers, seek out a window seat or ask a flight attendant if you may move to an empty row (if available).
- ▶ Upon reaching your seat, wipe down your chair, armrests, seatbelt, tray tables, TV screen, and other frequently touched items and surfaces before using and placing your items on them.
- ▶ Travel with your own source of entertainment to avoid touching the plane's entertainment system (e.g., touchscreen monitors, headphone jacks, magazines).