



These activities will take place outdoors on campus, in accordance with the guidelines of the authorities.

The sessions will meet the strictest safety and hygiene protocols, in accordance with the recommendations of the Tec de Monterrey's Conscious Reopening Plan.



Meditations
and Yoga



Dance



Physical Conditioning
and Athletics



Theater



Singing

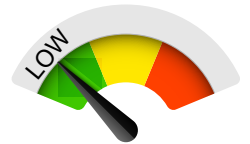


Outdoor
Cycling



Plastic
Arts

*LiFE activities are on the **low-risk scale** according to the Centers for Disease Control and Prevention (CDC).*



Safety in your outdoor LiFE activities:

- One outdoor session per student.
- Activities without physical contact.
- Small groups of a total of 15 people maximum, with a physical distance of 1.5m.
- Mandatory use of face masks at all times, covering nose, mouth, and chin.
- The recommendation is to use a simple cloth mask over a three-layer surgical mask.
- Once the activity is finished, you must leave the facilities.
- Showers and dressing rooms are closed.
- It is important to bring your water container. There will be no drinking fountains.
- You must sanitize any material, equipment, or instruments used before and after each session.

If you are involved in sports or physical activity, remember:

- Maintain a physical distance of 2 m. between each player, person, or coach in training sessions.
- Carry out sessions of a maximum of 60 minutes and do not exceed 80% of heart rate.
- You should get a medical evaluation if you have been infected with COVID-19 or have been in close contact with someone who has contracted it.
- Wear a single triple-layer or cloth mask, covering the nose and mouth.
- Only in open areas with a safety distance of 5 meters is it allowed not to use a face mask during moderate to maximum training.

Consider these steps before coming to campus:

- Take the "Compromiso con mi Bienestar" course available on mitec.
- Download the SAP Fiori Client App to answer the daily health self-diagnosis.
- Show QR code in green at the sanitary access filter.
- Sign the Conscious Return Letter available in the App.

**LiFE activities are open to all those students
who have chosen hybrid mode.**

If you have any questions, you can contact us through: TECservices@servicios.tec.mx