



**SPEED
SKATING
CANADA**

COVID-19 BEST PRACTICES

**WEAR A MASK WHEN IN PUBLIC & IT IS
DIFFICULT TO MAINTAIN PHYSICAL
DISTANCING OF AT LEAST 2M**



WASH YOUR HANDS FREQUENTLY

**CARRY HAND SANITIZER WITH YOU AT ALL
TIMES**



**HAVE ADDITIONAL MASKS ON HAND (IN CASE
THE MASK YOU ARE CURRENTLY WEARING IS
COMPROMISED)**

AVOID TOUCHING YOUR FACE



**IF YOU FEEL UNWELL, STAY HOME AND
CONSULT A DOCTOR**

- SMALLER IS BETTER THAN BIGGER
- OUTSIDE IS BETTER THAN INSIDE

- A MASK IS BETTER THAN NO MASK
- FURTHER APART IS BETTER THAN CLOSER