



**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