

Physical Distancing

What does physical distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



Here's how you can practise physical distancing

- greet with a wave instead of a handshake, a kiss or a hug
- respect a distance of 2 meters at all times, including with skating friends and coaches
 - In the parking lot
 - In the building
 - Waiting for entrance and when exiting
 - On the ice
- Warm up outside if possible, or within specific areas inside
- Do not touch anything that you haven't brought into the arena yourself
- Use only your own tissues and water bottles, and immediately put used items into garbage cans

Remember to

- wash your hands often for at least 20 seconds and avoid touching your face
- cough or sneeze into the bend of your arm
- avoid touching surfaces people touch often
- self-monitor for symptoms of COVID-19 including:
 - cough
 - fever
 - difficulty breathing

If you're concerned you may have COVID-19

- separate yourself from others as soon as you have symptoms
- if you are outside the home when a symptom develops, go home immediately
- stay home and follow the advice of your Public Health Authority, who may recommend isolation
- call ahead to a health care provider if you are ill and seeking medical attention
- inform the Noralta director of operations if a positive test is confirmed

