

WHO LOVES HOCKEY? WE DO!

Everyone's **GOAL** is to keep players in the game.
So, let's do this together!

We all play a role in reducing illness, outbreaks
and keeping each other safe. Remember
these tips, play hard and stay safe!



G Get vaccinated

Vaccines are safe, effective and available for everyone age 5+. Book today at york.ca/COVID19Vaccine. If you're sick, get tested as soon as COVID-19 symptoms develop, even if you're fully vaccinated and symptoms are mild. When sick, stay home and avoid spreading illness to others. This goes for players and family members; it's just not worth it to mask or ignore COVID-19 symptoms to avoid missing games or practice.

O Only use your own items – including water bottles, towels, food and masks

Do not share water bottles or other personal belongings. Bottles should be labelled for each player and washed after each practice or game. Wear masks and practice physical distancing of at least 2 metres as much as possible, including during pre-game warm-ups and while using dressing rooms and washrooms.

A Always wash your hands

This goes for players, parents, coaching staff and spectators alike. Remind and encourage each other, or make it a team challenge to never enter or leave a facility or game without first washing up. Bringing sanitizing wipes to clean your change area before and after use can also help keep high-touch surfaces cleaner.

L Leave common areas quickly

Minimize time and gatherings in dressing rooms, washrooms and other common areas where it's difficult to physically distance. Arrive dressed in hockey equipment whenever possible. Where extra changerooms are available, spread out to reduce the number of players changing together.

Thanks for doing your part to keep yourself and our community safe.

Stay safe. Stay informed.
york.ca/COVID19

York Region