



CANOE KAYAK
ONTARIO
SPRINT

How to Help Stop the Spread of Contagious Viruses

We encourage all our members to continue to be vigilant in reducing the spread of the COVID-19 virus. We ask members to review the Ontario Government's COVID-19: Stop the Spread page [here](#) and establish or continue with protocols that minimize the spread of any contagious virus to help keep our paddlers healthy and able to participate in programs and competitions.

Here are a few key guidelines:

- Take everyday actions:
 - Stay home when sick, even with mild symptoms
 - Wash your hands often with soap and water
 - Sneeze and cough into your sleeve
 - Avoid touching your eyes, nose, or mouth
 - Clean and disinfect high-touch surfaces
 - Open windows to ventilate indoor spaces
 - Wear a mask if you feel it is right for you
 - Continue to update your booster vaccines as they become available

- Additional considerations when hosting an event/competition
 - Ensure supplies such as hand sanitizer and soap are readily available
 - Wash your hands frequently, especially before preparing, serving, and eating food
 - Consider wearing a mask in all indoor settings where physical distancing is not possible

Remember: IF YOU FEEL UNWELL, STAY HOME!