



**PREVENT THE SPREAD OF COVID-19 BY CHECKING OFF ALL 12 BEST PRACTICES!**

**1**



Wash and sanitize your hands often.

**2**



Maintain **6 feet** of social distance.

**3**



Wear a face mask.

**4**



If you are exhibiting symptoms, stay home.

**5**



Arrive dressed and ready to skate.

**6**



Bring your own water.

**7**



Cover coughs and sneezes.

**8**



Keep gloves on during ice times.

**9**



Handshakes are discouraged.

**10**



No spitting or sharing water bottles.

**11**



Do not gather before, during or after ice times.

**12**



Modified, limited or no locker room access.