PHYSICAL DISTANCING WHEN EXERCISING OUTDOORS

- Wash your hands before going out and after you return home.
- Go out when it is less crowded so you can keep a distance of 6 feet from others.
- Do not use park amenities (e.g. sports fields, tennis courts).
- Step aside or pass others quickly and courteously on sidewalks.
- Don’t make plans to meet up with friends.

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