

VISITING A RECREATION CENTRE DURING COVID-19



Pre-register
for classes,
where possible
& stay home
if you are sick



Bring your
own yoga mat,
water bottle &
other gear



Keep 6 feet/
2 metres apart
from others



Wash your
hands often &
avoid touching
your face



Wear your
mask when
indoors,
except when
exercising



Follow
instructions
to wipe down
equipment
before &
after use

