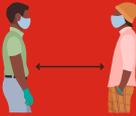


Physical Distancing During Community Activities & Events

Follow these guidelines and ideas to safely conduct an outdoor community outing or activity

Walks	Stay 2 metres apart between the Mentor and Mentee. Always wear a mask and avoid physical contact.	
Bike Riding	Wherever you decide to ride your bike - trails, parks or pavement - always keep 2 metres between riders - always wear your helmet and mask - and keep hand sanitizer with you.	
Playing Catch	Locate a space away from others that gives you room to toss the ball or frisbee. Make sure to use hand sanitizer when you finish.	
Picnic	Sit 2 metres apart on the picnic blanket or bench and eat from separate containers by dividing the portions in advance. Make sure to clean hands before and after using hand sanitizer.	
Outdoor Yoga	Make sure to use separate mats, and lay them out 2 metres apart. Now you can practice your poses, stretch your body and calm your mind.	
Scavenger Hunt	Create a list of things to find in your local park or community. Bring your list, a pencil, hand sanitizer and wear your mask as you go hunting. Check out a guide to Scavenger Hunts HERE .	
Pokemon Go	This alternate reality game is a great way to get moving outdoors without touching anything. Check out a guide to Pokemon Go HERE .	
30 Day Photo Challenge	Start a 30-day Photo Challenge that encourages daily activity and ensures social distancing. Make sure to wear your mask and clean your hands, and you can start your challenge anytime. HERE'S HOW .	

Your safest option is always close to home, and YAY is always here to help. Here are a few more things to consider as Winter approaches and some activities move indoors:



- When doing indoor activities (i.e. going to the mall, library or school) follow the facility guidelines, wear your mask at all times and use hand sanitizer
- When riding the TTC, follow their guidelines, keep safe distance between you & others and use your mask and hand sanitizer as you enter and exit

Please stay up-to-date on current COVID-19 information from Toronto Public Health at <https://www.toronto.ca/home/covid-19/>