

Kawartha Cycling Club COVID-19 Policy

Effective March 8, 2023

While Ontario, like other jurisdictions, has taken measures to be able to live with and manage COVID-19 for the long-term, we still need to do our part to protect ourselves and others, especially during respiratory illness season.

This includes using the layers of protection that we know help keep ourselves and others healthy:

- staying up to date on your COVID-19 vaccines and flu shots
- wearing a mask in crowded indoor public spaces, especially for those at higher risk of severe infection
- screening daily for signs of illness and staying home when you are sick
- washing your hands often
- covering your mouth when you cough or sneeze
- regularly cleaning high touch surfaces

For more information, please visit:

<https://www.ontario.ca/page/protection-covid-19-and-other-respiratory-illnesses>