



GUIDELINES FOR GOOD HEALTH

Please help SPORTIME keep our clubs safe and sanitary by following these common-sense guidelines for good health:

Wash hands often with soap and warm water for at least 20 seconds.

Stay home if feeling sick. Call your doctor and let her/him know your symptoms and travel history.

Avoid touching your eyes, nose or mouth with unwashed hands.

Cover any coughs or sneezes with a tissue or sleeve.

Consider greeting others with a wave as opposed to handshakes and kisses.

Do not come to SPORTIME, or send your children to SPORTIME, if you/they have a fever or flu-like symptoms.

Use disinfectant wipes and Purell hand sanitizing stations before and after using any shared equipment at SPORTIME.

~ Thank you ~