



Granite Club Best Practices for Maintaining a Healthy Community

In response to recent and ongoing concerns related to the H1N1 Virus, the following best practices are in place and promoted at the Granite Club.

Key Message:
Practising good personal hygiene is a key to stopping the spread of any virus.

- Regular, thorough hand-washing - using hot, soapy water and lathering for at least 20 seconds - is the single most important procedure for preventing infections.
- Hand sanitizers are available at all Club entrances and in various activity areas of the Club for use throughout the day.
- There is signage in all casual area washrooms which reminds users of proper hand-washing and “cough/sneeze into your sleeve” procedures to prevent the spread of germs and bacteria.
- In addition, signage is posted in the Aquatics Complex and staff are stationed at the pool entrance to remind bathers of the Public Health requirement with respect to showering prior to entering the pool.
- If you or your children are experiencing ANY flu-like symptoms (fever, cough, runny nose, sore throat, body aches, fatigue and lack of appetite) please refrain from coming to the Club until fully recovered.



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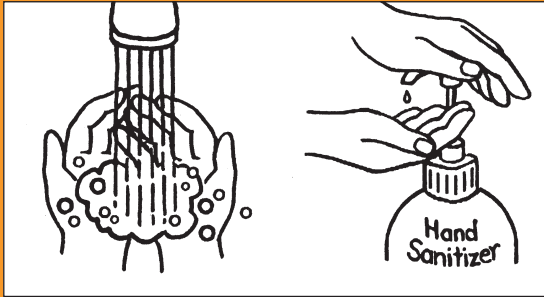
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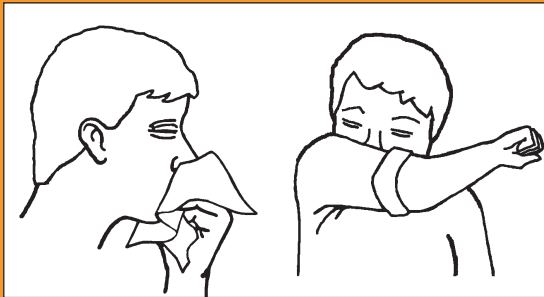
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Stop the Spread of Germs

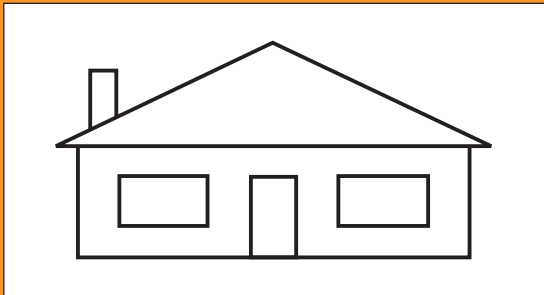
Wash or sanitize your hands often.



Cough or sneeze into a tissue or your sleeve, NOT your hands.

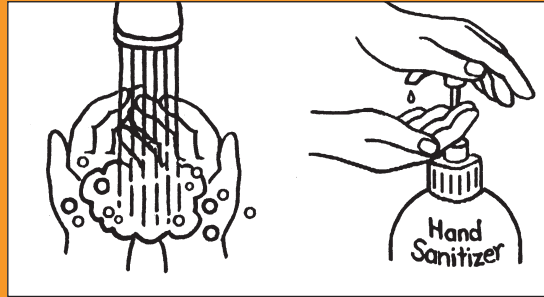


Stay home if you are not feeling well.



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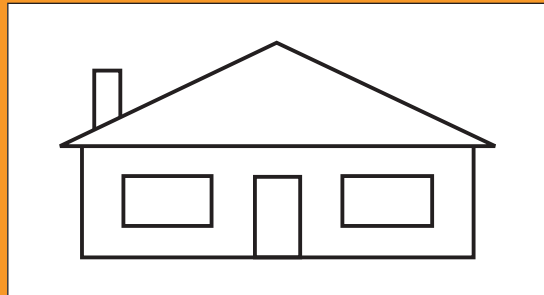
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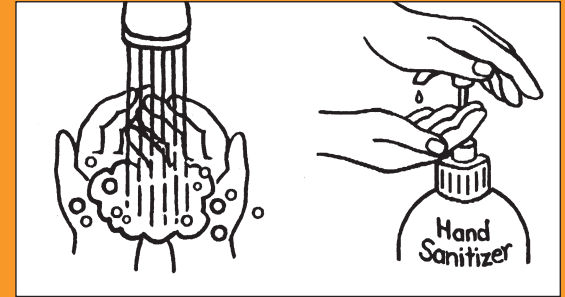


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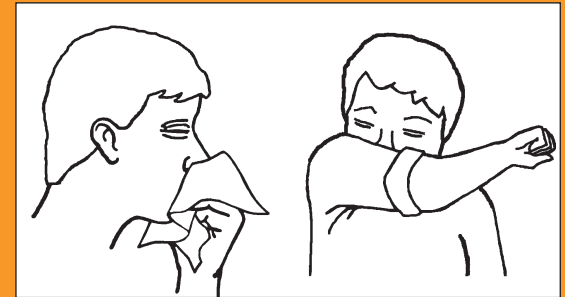


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