



TORONTO PAN AM SPORTS CENTRE

A PARTNERSHIP OF THE CITY OF TORONTO AND THE UNIVERSITY OF TORONTO SCARBOROUGH

MASKS

The Toronto Pan Am Sports Centre has the Safety, Cleanliness, Mental and Physical Health and Wellbeing as it's top priorities as we navigate our way through Covid19. To ensure the safety of both our staff and users we expect that everyone in our facility will wear a mask from the moment they enter our doors to the moment they leave.

The World Health Organization has several very helpful recommendations and specifics related to mask. For more information please visit - <https://www.who.int/>



What Constitutes A Mask?

A mask can be anything from a surgical mask to a cloth mask. The mask needs to cover both your nose and mouth for the entire time you are in our facility.

Can I wear....	Yes/No
A surgical face mask (N95 or other)	Yes
A cloth face mask (homemade or other)	Yes
A bandana	Yes
A religious covering	Yes
A face shield	Yes
Nothing and cover my mouth/nose with my hand	No

Please keep in mind that you may not be able to perform at the same level you are used to while wearing a mask. If you experience shortness or breath or dizziness, stop the activity immediately.

Cloth Face Coverings

If you would like to make your own cloth face mask please find instructions [here](#).

How to Wear a Cloth Face Covering

Cloth face coverings should:

1. Fit snugly but comfortably against the side of the face
2. Be secured with ties or ear loops
3. Include multiple layers of fabric
4. Allow for breathing without restriction
5. Be able to be laundered and machine dried without damage or change to shape

