



Ottawa Titans Water Polo

The Ottawa Titans Newsletter: Your source for ALL things Titans!

'Social distancing' to prevent the spread of COVID-19

Dear Ottawa Titans members,

Yesterday (March 15, 2020), Ottawa's Chief Medical Officer, Dr. Etches, advised that all residents should strengthen their efforts at social distancing and stay home for all but essential travel such as grocery shopping, work and taking care of ill family members.

As a result, effective Monday, **March 16, 2020**, the Titans are **canceling all practices** until further notice.

For more information on how to protect yourself and help the community limit and slow the spread of COVID-19, please consult the Public Health Agency of Canada website or The City of Ottawa's Public Health website.

Please take care of yourself. Stay safe and wash your hands so we can all return to the pool when our medical experts deem it safe to do so.

Ottawa Titans Board of Directors

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