

N.Y.S.A.A.
New York Scholastic Athletic Association
Established 2004

March 9,2020

Coronavirus (COVID-19) Update

Coaches and Directors,

With the recent developments around the globe, and more specifically, New York City. The NYSAA wanted to update our schools regarding some of the procedures that we should put into place for the remaining games whether at home or away:

- Please sanitize all balls used for the practice and games. In addition, any equipment used in practice or in the game event area should also be sanitized.
- Please have hand sanitizer available or continuous access to bathrooms to allow people to wash their hands.
- Spectators should be informed to stay away from all games if they feel that they have symptoms or they have been exposed to COVID-19.
- Please encourage students to avoid hand to hand contact in any social way, i.e. pounds, fist bumps, etc.

Please find below additional information and recommendations from the CDC:

How COVID-19 Spreads

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Can someone spread the virus without being sick?

People are thought to be most contagious when they are most symptomatic (the sickest).

Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

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Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear 2-14 days after exposure.*

Fever

Cough

Shortness of breath

Cover your coughs and sneezes

Cover: Cover your mouth and nose with a tissue when you cough or sneeze.

Dispose: Throw used tissues in a lined trash can.

Wash hands: Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

Wash hands: Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Hand sanitizer: If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Soap and water: Soap and water are the best option if hands are visibly dirty.

Avoid sharing personal household items

Do not share: You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.

Wash thoroughly after use: After using these items, they should be washed thoroughly with soap and water.

Clean all “high-touch” surfaces everyday

Clean and disinfect: Practice routine cleaning off high touch surfaces.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

Disinfect areas with bodily fluids: Also, clean any surfaces that may have blood, stool, or body fluids on them.

Household cleaners: Use a household cleaning spray or wipe, according to the label instructions.

Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

* Visit the CDC website for a Complete disinfection guidance

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If your school experiences contact with the coronavirus (COVID-19), please contact the NYSAA as soon as possible with updates on the status and containment/notification measures being taken. The safety of our students, coaches, parents, and administrators are our first concern. Please continue to be safe and aware. Thank you.

Dwayne Cumberbatch
NYSAA Founder and Commissioner