

COVID-19 Information and Updates (as of March 11, 2020)

From: NJ Youth Soccer (communications@njyouthsoccer.com)

To:

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COVID-19 Information and Updates (as of March 10, 2020)

Given the current health and travel concerns surrounding COVID-19, NJ Youth Soccer provides this overview of the steps being taking to keep our youth soccer community safe and informed.

NJ Youth Soccer remains committed to providing safe playing environments. We are regularly monitoring the recommendations and guidelines provided by the Centers for Disease Control and Prevention (CDC), state and local authorities, other state associations, US Soccer and US Youth Soccer.

At this time, based on expert information and guidance from our partners, all NJ Youth Soccer events will proceed as originally scheduled. Further, it is our understanding that our member leagues will also proceed as originally scheduled.

Everyone can help by following preventative measures and best practices onsite.

Adhere to everyday preventative actions to proactively reduce risks. We strongly recommend that players and families adhere to the following precautionary guidelines:

- Wash hands frequently with soap and water (at least 30 seconds) especially after going to the bathroom, before eating, and after blowing the nose, coughing, or sneezing.
- Avoid touching the mouth, eyes or nose with hands.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash.
- Clean up team and training areas after every use (e.g. throw used water bottles in the trash).
- Use alcohol-based sanitizers (60% alcohol) in addition to frequent hand washing.
- Carry small bottles of alcohol-based sanitizers to use when hand-washing facilities are unavailable.
- Keep hydrated.
- Do not share water bottles or food.
- Avoid pre, during, or post-game handshakes with opposing team members or game officials.
- Avoid international team walkouts and hand-in-hand/arm-in-arm team huddles.
- If anyone associated with a team (coach, player, family member) feels ill prior to a scheduled event, have them stay home and not attend the event in order to reduce risk to others.

- If anyone associated with a team (coach, player, family member) becomes ill during an event and has symptoms such as coughing, fever, or general malaise, contact a medical professional. To reduce exposure, consider self-isolation until evaluated by medical personnel, immediately exit the facility, do not come into personal contact with other participants.

Coaches and team managers: Please be sure to have updated medical information and contact information for all minors' parents or guardians that may not be present.

Be Prepared by Being Informed

Below are additional resources and links to learn more. Please review and share this information.

The **State of New Jersey Department of Health** provides a 24-Hour Public Hotline to address questions about the COVID-19. Call 1-800-222-1222. They also provide additional information, including frequently asked questions at:

https://www.nj.gov/health/cd/topics/covid2019_community.shtml

Centers for Disease Control and Prevention (CDC): For more information about COVID-19, its symptoms, how it spreads and other frequently asked questions, visit the CDC website, here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>. For information about handwashing, see the [CDC's Handwashing](#) website.

Follow the CDC's recommendations for using a facemask:

- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).

If you wish to stay informed of any US Government travel advisories, please review current US State Department Travel Advisories:

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

- CDC Travel Health Notices: <https://wwwnc.cdc.gov/travel/notices>
- CDC Coronavirus FAQ Sheet: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- CDC Travel Information: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- FISA: <http://www.worldrowing.com/news/update-the-coronavirus-covid>

Recommendations from the FISA Sports Medicine Commission Coronavirus (02/27/2020)

- USOPC: <https://www.teamusa.org/Coronavirus-Updates>
- COVID-19 Global Cases by Johns Hopkins CSSE: <https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

Again, NJ Youth Soccer remains committed to providing safe playing environments. Thank you for your consideration and cooperation as we all work through this situation.

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