

## COVID-19: Advice from ESJBA

**Regarding the coronavirus COVID-19, and advice from Sussex Clubs for Young People we would like to remind you of the Government's guidance on precautions to prevent the spread of the disease which should be followed by all, both at home and in places of training/performance:**

There are general principles you can follow to help prevent the spread of viruses, including:

- Wash your hands as often as possible - and after touching surfaces, or travelling on public transport - with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, mouth and nose.
- Avoid close contact with people who are sick, or anyone who has returned from a high-risk area in the last 2 weeks
- Stay at home if you feel unwell - do not attend coaching sessions or matches.
- Cover your cough or sneeze with a tissue. Throw tissues in the bin and do not reuse
- Clean and disinfect frequently touched objects and surfaces in the home and work environment
- The government is not currently advising stopping group activity so at the moment we are continuing to offer groups and face to face support. Our position right now, in line with the majority of voluntary organisations, is therefore 'keep calm and carry on following government advice'.
- We have considered potential changes and are taking our steer from government / NHS guidance on when and if to apply these.

### **How should we be making any changes to how we operate?**

- All coaches/players and visitors are asked to follow the government & NHS guidance on handwashing, and Catch it, Bin it, Kill it.
- Hand-shakes at the end of a game and 'high-fives' to be replaced with either 'fist-bumps' or 'elbow taps'
- **ALL** participants will wash their hands prior to commencement of any session and again before they depart the place of activity.
- We will cancel any sessions or fixtures if necessary due to lack of available staff, venue availability or on advice from local authorities or other agencies.

Parents and players will be informed as soon as possible if a session is cancelled.

ESJBA