

COVID-19 INFO & UPDATES – March 2020

Given the current health and travel concerns surrounding COVID-19, CBAA/BU Soccer is providing you with an overview of the steps we are taking to keep our youth soccer community safe and informed.

CBAA Soccer remains committed to providing safe playing environments. We are regularly monitoring the actions, recommendations and guidelines provided by the Centers for Disease Control and Prevention (CDC), PA Dept of Health, Bucks County Health Department, , US Soccer, US Youth Soccer, EPYS and Central Bucks School District.

Follow Preventative Measures and Best Practices

Everyday precautionary actions can be taken to greatly reduce the risks and stop the spread of many illnesses. Buckingham United / CBAA Soccer strongly recommends the following preventative guidelines be followed by your players and families:

- Wash hands frequently with soap and water (at least 30 seconds) especially after visiting bathroom facilities; before eating; and after blowing the nose, coughing, or sneezing.
 - Please visit the [CDC's Handwashing](#) website.
 - Use alcohol-based sanitizers (60% alcohol) in addition to frequent hand washing.
 - Have sanitizing products readily available. Carry small bottles of alcohol-based sanitizers to use when hand-washing facilities are unavailable.
- Keep hydrated.
- Do not share water bottles or food.
- Do not share Goalie Gloves or clothing
- Avoid touching the mouth, eyes or nose with hands.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash.
- No pre, during, or post-game handshakes with opposing team members or game officials.
- International team walkouts and hand-in-hand/arm-in-arm team huddles are not recommended.
- If anyone associated with a team (coach, player, family member) feels ill prior to a scheduled event, please 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, please 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.
 - Please be sure to clean up team and training areas after every use(throw used water bottles, pre-wrap, etc)

Additional Information

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

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>

Facemask The 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

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>