



March 13, 2020

Guilderland Softball is committed to providing a safe and enjoyable experience for everyone enrolled in our program. There are growing concerns about the potential spread of Coronavirus (COVID-19) and other respiratory illnesses. In an effort to keep our softball family healthy and prevent the spread of germs, we want to share some important information.

**Please pay close attention to the following:**

**\*All Guilderland Girls Softball events are currently postponed indefinitely.\***

**\*The Friday Night Clinic scheduled for 3/13 is cancelled.\***

**\*The manager, Coach, team parent meeting is postponed and will be rescheduled.\***

**\*All GGSL team events are postponed until Friday 3/20; this includes all travel team practices scheduled for the Travel Facility.\***

**\*GGSL will provide weekly updates regarding the status of the league and events every Friday roughly by 12pm.\***

As stated by the CDC and local health departments, **hand washing remains the most effective method of preventing the spread of germs.** Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.

Additional everyday actions to help prevent the spread of illness, include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick until you've been free of fever for 24 hours.
- Cover your cough or sneeze with a tissue or your elbow.
- Clean and disinfect frequently touched objects and surfaces using a disinfectant wipe.

**If you or a loved one are experiencing flu-like symptoms, including fever, cough and shortness of breath, please stay home, rest and contact your medical provider.**

Please be assured that we are monitoring the situation, If the situation significantly worsens, we will take the appropriate action.

For additional information, we encourage you to regularly check the [CDC's website](#) for important updates and safety concerns.

Thank you,

Guilderland Girls Softball