



## **G.A.C COVID 19 SAFETY PROTOCOL**

As Generals Athletic Club continues to grow, we would like to thank you for your cooperation with the COVID-19 safety measures that have been put in place to prevent the transmission and spread of COVID-19 amongst our community. Our staff continues to enforce safety measures that includes, wearing face mask, social distancing, sanitizing, and enhancing cleaning measures.

The success of our program also depends on everyone following the recommendations of the Department of Public Health and the CDC. Below are some reminders of simple effective practices that everyone should use to keep themselves and others safe.

- **STAY HOME WHEN ILL OR IF YOU HAVE BEEN IN CONTACT WITH ANYONE THAT HAS OR MIGHT HAVE COVID-19**

In order to stop the transmission of COVID-19 in our community, student/athletes who are ill. Even with mild symptoms should not come to practice or competition. COVID-19 infection can cause severe illness in some people, yet most have mild symptoms. Your athlete should be screened immediately, if your athlete has a fever or any COVID-19 symptoms. REMINDER: anyone that has been in close contact with someone with COVID-19 should quarantine at home for 14 days.

- **WEAR A MASK OR FACE COVERING**

Studies have shown that mask coverings are highly effective in preventing the spread of COVID-19. Mask helps contain the infected droplets so that they do not reach others.

- **PRACTICE SOCIAL DISTANCING**

Respiratory droplets travel up to 6 feet from person to person. Keeping 6 feet away from others whenever possible is an important way to protect and prevent yourself from getting infected. Although, athletes may sometimes be in proximity of each other during practice and competition, being outdoors is at a lower risk.

- **WASH YOUR HANDS FREQUENTLY**

One of the best tools we can utilize to assist in the prevention of the spread of bacterial and viral infections is to wash our hands frequently at a minimum of 20 seconds with soap and water. COVID-19, as well as most cold and flu viruses transmit by the touch of germs and leaving them on surface, rubbing of the nose, eyes, and mouth. It is also important to wash your hands before and after handling the face mask.

Following these steps can keep our student athletes healthy and ready to condition and compete. Let's work together in keeping our community safe!