

## MEMORANDUM

TO: Superintendents, Principals, Athletic Directors, Head Coaches of Spring Sports  
FROM: Steve Savarese, Executive Director AHSAA  
DATE: March 9, 2020  
REF: Monitoring COVID-19 (Novel Coronavirus)

The health, safety and well-being of our student-athletes are at the forefront of the mission of the Alabama High School Athletic Association (AHSAA). Therefore, in close correlation with the AHSAA Medical Advisory Committee (MAC), we are closely monitoring the Coronavirus (COVID-19) situation in the state and surrounding states. While there has not been a confirmed case of this new virus within our state, we are in constant contact with state officials who are monitoring the situation and providing updates.

Please know, the AHSAA will be following the Center of Disease and Control (CDC), Alabama Department of Public Health (ALDPH), Governor's Task Force, and the Alabama State Department of Education (ALSDE) recommendations for prevention and preparation for any outbreaks that may occur.

If there are statewide school cancellations or delays implemented by the ALSDE, the AHSAA will execute contingency plans for championship play. Spring sports championship events do not begin until late April, but we urge schools to complete all required contests first. We appreciate your school's flexibility and understanding if contingency playoff formats are required. Rest assured, we will do everything possible to complete championship competition as scheduled, but contingency plans with modified championship formats may be necessary.

Updates will be forthcoming from the AHSAA Medical Advisory Committee as new information is received.

Additional information may be found at the following links:

<http://www.alabamapublichealth.gov/infectiousdiseases/cov-schools.html>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

With concerns rising about the spread of COVID-19, one of the most trusted and reliable ways to help prevent the spread of airborne infectious diseases is to follow standard precautions.

These precautions were found to be very effective during the SARS outbreak and are recommended by the Centers for Disease Control and Prevention as effective precautionary measures to mitigate the spread of COVID-19. Like SARS, influenza and even the common cold, COVID-19 may spread from person to person by respiratory droplets — not simply from a cough, but also through hand touching of the nose and mouth.

Given this knowledge, the NCAA embraces standard precautions for student-athletes and athletics stakeholders.

The CDC does NOT recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.

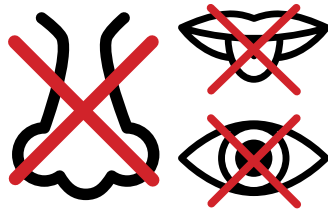
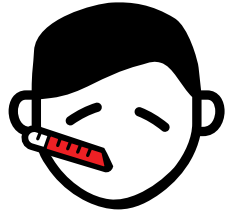


# Healthy Tips

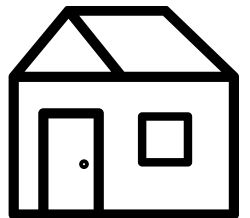
## for Athletes and Athletic Personnel

Standard precautions include the following:

Avoid close contact with people who are sick.



Avoid touching your eyes, nose, and mouth.



Stay home when you are sick.



Cover your cough or sneeze with a tissue, and then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



Be mindful of cafeteria etiquette:

- Do not refill drinks from a cup you have been drinking from.
- Avoid touching utensils that others may be using.



Wash your hands often with soap and water for at least 20 seconds, especially:

- After going to the bathroom.
- Before and after eating.
- After blowing your nose, coughing or sneezing.
- If your hands are visibly dirty.
- If soap and water are not readily available, use a hand sanitizer.

Towels and water bottles:

- Do not share towels, and be certain to handle your towels yourself.
- Used towels should be placed into a designated area by the athlete.
- Do not share water bottles.
- This includes the practice of an athletics staff squirting water from a water bottle into an athlete's mouth.

