

SAC Members,

In our commitment to providing a safe environment to all our members, the Soccer Association of Columbia is continuously monitoring the recommendations and guidelines provided by the Centers for Disease Control and Prevention (CDC) as well as Howard County Public Schools (HCPSS) regarding the spread of COVID-19. At this time all practices, games, programs, and clinics will continue to operate as scheduled. Should there be any change to this, we will let you know directly.

Effective immediately, the Soccer Association of Columbia is suspending all handshakes in practice and game environments between players, coaches, officials, game administrators and any others involved. Please replace this gesture with a head-nod and appropriate verbal communication (“good game”) and eliminate intentional direct contact entirely. Please implement these changes immediately in practice and games and continue to utilize them until further notice.

At the recommendation of the CDC and US Soccer, we recommend that members of the SAC community take the following additional precautions:

- 1) If your player is sick, please make sure that they stay home and please notify your coach of the absence. All coaches have been instructed to excuse absences due to sickness.
- 2) Please make sure to regularly wash and/or disinfect any equipment or clothing used in contact sport.

Below we have provided the best practices outlined by the CDC as well as resources currently available on their website. Please read them carefully.

Best practices instructed by the CDC for illness prevention

- 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, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- 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
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty

Resources from the CDC

- [CDC - Coronavirus Overview](#)
- [CDC - Frequently Asked Questions](#)
- [CDC - Travelers Health](#)
- [WHO - Advice for Coronavirus](#)
- [USOPC - Coronavirus Update](#)

Thank you,
Soccer Association of Columbia