



UPDATES AND NEWS ABOUT NOVEL CORONA VIRUS

Softball BC reminds players, coaches and parents to take regular preventative measures to stop the spread of respiratory viruses such as COVID-19 and Influenza.

Teams travelling for tournaments should follow the standard precautions below to ensure that athletes, coaches, and parent remain healthy.

1. Wash your hands thoroughly as often as possible Hands should be washed with soap and water for at least 20 seconds and then, after rinsing them thoroughly, they should be dried with a disposable towel; if soap and water are not available, a 60% alcohol-based hand sanitizer can also be used.
2. Do not drink from the same bottle/glass in competition or in training, always using disposable glasses or a nominal or otherwise personalized bottle, and do not exchange other items (towels, bathrobes, etc.) with your companions
3. Cover your mouth and nose with a tissue - preferably disposable - or with your arm, but not with your hand, if you cough or sneeze.
4. Avoid touching your face, eyes or mouth before washing your hands
5. Disinfect frequently touched surfaces
6. Avoid sharing food, drinks, utensils, straws
7. Avoid consuming food in the changing rooms/dugouts
8. Put personal items and clothing in bags, avoiding leaving them exposed in the changing rooms/dugouts

Another preventative measure teams should take is to contact the tournament's organizers to learn if it has taken preventative measures to minimise exposure to health risks.

Furthermore, teams should contact the provincial, state or municipal health authorities in the region where teams will play and stay to ensure there are no respiratory virus health warnings. Potential links for teams travelling in BC or abroad.

1. [Health Link BC](#)
2. [Washington State Department of Health](#)
 - [List of Washington State Local Health Departments](#)
3. [Oregon Health Authority](#)
 - [List of Oregon State Local Health Authorities](#)
4. [California Department of Public Health](#)
 - [California Local Health Services and Offices](#)
5. [Arizona Department of Health Services](#)
 - [Arizona Local County Health Departments](#)

For more information on how to stay safe during team travel, please review these links

1. Health Canada -- [Coronavirus disease \(COVID-19\): Outbreak update](#)
2. ViaSport - <https://www.viasport.ca/news/staying-healthy-competition>
3. Health Canada -- [Coronavirus infection: Prevention and risks](#)
4. World Health Organisation -- [Key planning recommendations for Mass Gatherings in the context of the current COVID-19 outbreak](#)
5. World Health Organisation -- [Public health for mass gatherings: key considerations](#)