March 12, 2020

Hello everyone,

FJVC is monitoring the developing health concerns related to the coronavirus (COVID-19). At this time, the CDC has stated that the current health risk in our area is low.

**All FJVC programs will continue as planned unless otherwise communicated.**

We will continue to monitor CDC guidelines and keep you posted with any changes. In addition to the steps being taken by the Field House, we are taking added precautions. A memo from the Fredericksburg Field House is included below.

We are adhering to the CDC’s recommendations, including:

· Encouraging all employees to practice respiratory etiquette, hand hygiene, and other precautionary measures that mitigate transmission.

· Instructing sick employees to stay home and sending home any employees who appear to have acute respiratory illness (i.e., cough, shortness of breath).

· Players will be asked to wash hands before practice begins and after practice ends

· The balls will be cleaned weekly

**Help Us Keep Members Safe and Take Appropriate Precautions**

To ensure that FJVC remains a safe place to play, we encourage each of you to work with us in taking these important steps to protect yourself and the community at-large.

· Do NOT attend your game if you are feeling ill, and please communicate with your teammates if you plan to miss the game.

· If your team is at risk of forfeiting due to illnesses, please reach out to FJVC as soon as possible.

· Do not feel obligated to participate in post-play/post-game handshakes during or after games. To be extra cautious, we recommend replacing open-handed high fives with daps/fist bumps (or smiles, waves, head nods, etc.).

· Cover any cough or sneeze into your upper sleeve/elbow, not your hands.

· Wash your hands thoroughly (for 20 seconds) before and after your game, or after any sneeze/cough. If soap and water are unavailable, use hand sanitizer.

· Bring your own water bottle and do not share it with others.

· Routinely clean any surfaces/objects that are frequently touched (e.g., your phone). There are sanitizing wipes at the Field House for use.

· Please do not come to practice if you have a fever or are feeling ill. You should be fever free for 24 hours without medication. Communication with your coach about missing practice is important. FJVC reserves the right to restrict a player from participating in practice/tournament if fever symptoms present within previous 24 hour period.

**We’ll Keep You Updated**

Your health and safety are extremely important to FJVC, and our goal is to ensure that we continue to be a safe place to play the sport you love. As we continue to monitor the latest CDC and WHO information on the Coronavirus, we will keep you updated on any changes to our operations or procedures.

Please let us know if you have any questions, and thank you for taking this seriously and doing your part to keep our FJVC family healthy and strong.

Sincerely,

The FJVC Team

**MEMO From the Fieldhouse**

Field House Guests,

As always, keeping our facility clean and sanitary is of utmost importance. We will continue to focus on this no matter the updates from the CDC. Please visit the CDC website here for more information on steps you can take to minimize your potential exposure.

We want everyone to be active and healthy. Here are a few CDC recommendations you can use to help protect yourself:

· Stay home when you are sick.

· Avoid close contact with people who are sick.

· Cover your cough or sneeze with a tissue, and then dispose of it in the garbage.

· Avoid touching your eyes, nose, and mouth.

· Wash your hands often with soap and water for at least 20 seconds – especially after using the bathroom, before eating, and after coughing, sneezing, or blowing your nose.

· If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

We will continue to monitor the CDC for updates and communicate any changes that may occur.

Thank you,

The Fredericksburg Field House Team

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