



Dear All,

You will be well aware from media coverage of Corona Virus and Covid-19.

Given the rise in the number of confirmed cases in the UK and Ireland and the expectation that the infection will become much more widespread, we have discussed how we prepare for an epidemic to ensure, as best we can, that we plan for the health and wellbeing of our members, players and coaches and their families.

### **Health & Wellbeing**

All members, players and coaches should ensure that they are familiar with the symptoms of the virus. You can read information about the virus here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Please follow the guidance to protect you and your family.

- wash your hands with soap and hot water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell
- Players should only use their own water bottles and avoid sharing

**In the event that you come into contact with a person who is either confirmed ,or later confirmed as infected, we ask that you act responsibly and self-isolate for a period of 14 days. It is important that you notify others that you have been in contact with that there is potential that they too may be at risk. The club can help with this and we ask that you notify the Head Coach of your team. We will, if necessary, suspend all activities for team(s) if there is a perceived level of risk from a confirmed transmission of the virus.**

Please note that if you become unwell you should use the NHS 111 services. Do not go to your GP or out-of-hours clinic. You can access the service either by telephone or on-line at:

<https://111.nhs.uk/covid-19>

It is important that we don't exaggerate the significance of Covid-19, however, it is equally important that we remain vigilant at this time. Whilst, most of our people are fit and healthy and can cope with the virus, we must be mindful of those around us particularly the elderly and those with heart or lung conditions who may be less able to cope.

It is reasonable to expect, given the rate of transmission, that we will see some disruption to our training and match schedules. We will notify you as soon as we are aware of any impacts.

If anyone has any worries or concerns, please do raise these at the earliest.

Stay well everyone.