



# Reduce the Spread

The CDC outlines the following items as important in reducing COVID-19.



Wash hands with soap and water frequently.



Do not attend practice or game if not feeling well.



Cover coughs and sneezes.



Remember to wear a mask at all times.



Avoid touching your face.



Follow all CDC guidelines as well as those of your local health authorities.



No sharing of water bottles, snacks, or equipment.



Physical distancing should be observed by players when possible and by all others at all times.

For more information regarding COVID-19 best practices, visit:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/>