



Moses Brown School

FOR THE HONOR OF TRUTH

Spring Sports 2020—Elevated Hygiene Measures

Top Five Steps We Can All Take to Reduce Risk

- **Wash hands** regularly and **definitely** immediately before and after each practice and game (20-30 seconds).
- **Wash mouthguards daily** in anti-bacterial soap and hot water; put mouthpiece in a plastic baggie or container in between workouts (don't keep on your helmet, etc.).
- **Do not share water bottles** and wash in anti-bacterial soap and hot water daily; it is **mandatory** that each student-athlete have their own water bottle at **every** practice and game with their name on it (treat this like a piece of equipment)
 - The Athletic Department will clean large water jugs regularly and continue to provide water for practices and games; students should refill personal water bottles from these jugs (or indoor water fountains)
- **Use virucide wipes or spray on equipment daily** (racquets, sticks, bat, pads, gloves, etc.). The school will have wipes in locker rooms. Here is a link from the CDC for general cleaning and disinfection recommendations for use at home: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>
- **If you are sick, you must stay home and stay out of practice**
 - Key symptoms - cough, temperature over 100, shortness of breath
 - Stay out of practice until fever free for 48 hours without use of over-the-counter medications

If you are feeling sick, particularly with cough, shortness of breath, or sore throat, please check your temperature BEFORE attending practice and if 100+, stay home and check in with your primary care physician.

Additional Recommended hygiene protocols

- Shower with soap and water immediately after practice and games. Do not share personal hygiene items.
- No spitting and please cough and sneeze into your elbow.
- Wash all workout clothes and uniforms after every use.
- Do Not Share athletic equipment, clothing, or ice bags.
- Avoid hugging, high fives, etc.
- Avoid touching your mouth, eyes, and nose.