



Conference of Independent Schools Athletic Association

*Respect... rules, officials, opponents, team, self*

*Honour the game!*

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### ***Guidelines to Reduce the Risk of Spreading Infectious Diseases***

The welfare of our athletes is paramount to all involved in Conference of Independent School athletics. Athletic Directors, coaches and medical staff must emphasize to players and parents the need for total cooperation in all aspects concerning hygiene. This is especially important to the prevention of the transmission of infectious viruses and diseases.

Our athletes, coaches and Association have been confronted with SARS in the past and, most recently, the H1N1 virus, and it is imperative that we educate our athletes about reducing the risk of spreading any infectious disease.

We ask all coaches and students planning to attend CISAA athletic competitions to adhere to the following guidelines to assist in the control of any infectious viruses and diseases:

1. Please do not participate in any competitions if:
  - You have parents or siblings who are being asked to stay home under quarantine
  - You have a headache, fever, cough, muscle aches or unusual fatigue. Coaches should try to screen all participants for any of these signs or symptoms prior to all competitions.
2. Wash your hands thoroughly several times a day, especially before eating and/or drinking and participating in athletic events.
3. Use hand disinfectant before and after competitions, whenever possible.
4. Bring your own supply of drinks and ensure that players have their own water bottles labeled with names and numbers. Sport drink bottles should be avoided as direct lip contact is possible.
5. Do **not** share food or drinks.
6. Coaches are urged to talk to their players about covering their mouths or nose when coughing or sneezing using their arm as opposed to their hands.
7. Advise players to try and not touch their mouths and nose when in the athletic environment. This can reduce the chance of passing on the virus to themselves.

8. Players must be urged to report all illnesses to their parents, coach and school medical staff immediately
9. In situations when the Chief Medical Officer has indicated a high alert, teams might be requested to use an alternative to shaking hands when congratulating each other following their event. Coaches would discuss and arrange this prior to the game.
10. The Athletic Coordinator will check the Ministry of Health Website on a daily basis for Chief Medical Officer's updates.

As educators, it is our responsibility to provide a safe environment for our athletes. Teams/schools should never feel pressured to play the game when athletes are at risk. The game is secondary to the well-being of the students. CISAA sanctions would not be imposed on any team/school that implements their school's Pandemic Plan.