

C-Side Sports Academy LLC

We have prepared for your safe return

Enhanced Building

Operations & Procedures

CLEANING & SANITIZING

- Building cleaning & sanitizing has been enhanced utilizing safe virus-killing medical cleaning products
- Stairs and doors are sanitized daily with BactroKill
- High frequency touch points in facility are sanitized often during operating hours
- All staff has been provided information on enhanced cleaning, protocols, procedures, and changes

CLEAN AIR

- HVAC units have been cleaned with BactroKill and filters have been replaced and will continue monthly
- Outside fresh air is supplied through the closed duct HVAC system
- Outside fresh air intake has been increased as recommended by ASHRAE

FLOORING

- All carpets have been cleaned with extraction equipment and sanitized which will continue as a regular ongoing operation
- Hard surface floors and turf are sanitized daily

PLEASE HELP US

- IF YOU FEEL SICK WITH COVID SYMPTOMS, LEAVE THE BUILDING IMMEDIATELY AND CONTACT YOUR PHYSICIAN
- Individuals, including coaches, players, and families, who have recently had a close contact with a person with COVID-19 should also stay home and monitor their health
- Continue necessary good personal hygiene
- You should follow and comply with CDC and PADOH guidance on social distancing, face masks, and cleaning
- Follow 6' safe social distancing in all areas including restrooms
- Avoid gatherings and congregating in groups
- Please be patient and courteous with each other and with us as we work to provide a safe environment and adapt

We can train safe if we work together

Thanks for your cooperation



How to Protect Yourself and Others

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Limit contact with others as much as possible.**
- **Avoid close contact** with people who are sick.
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



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cdc.gov/coronavirus

Cover your mouth and nose with a mask when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a mask in public settings** and when around people not living in their household, especially when social distancing is difficult to maintain.
 - » Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The mask is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The mask is not a substitute for social distancing.

Cover coughs and sneezes



- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** You can see a list of [EPA-registered household disinfectants here](#).