

To: American Sokol Units

American Sokol is an organization serving our communities in various capacities and the most recent concerns of COVID-19 must be addressed at a national, district, and local level. As we Sokols enter into Exhibition and Slet season, it is important that we adhere to the highest level of precautions recommended by the federal government.

We are committed to the health and safety of our athletes, coaches and families and wanted to provide you with some basic information regarding this coronavirus.

Because coronavirus is a rapidly evolving global health issue that is affecting geographic areas differently, it is challenging to provide a blanket directive that would make sense for all our units.

Instead, we ask that our community leaders – families, units, coaches and students – work together to determine what is in the best interests of your specific communities.

As part of that process, we suggest reviewing the latest CDC guidance, reviewing school or community closures in your area, and reaching out to your local public health department, to help determine if and when to cancel classes and events. These recommendations change on a daily basis, so it is important that all American Sokol Units stay in touch with daily recommendations for sanitization of facilities and cancellation of events.

Some resources that may be helpful include:

- CDC advice: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
- WHO Advice: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- WHO's Guidelines for Mass Gatherings: <https://www.cdc.gov/coronavirus/2019-ncov/community/mass->
- 🕒 WHO's Hand-Washing Steps: <https://m.youtube.com/watch?v=lisgnbMfKvI>

Below are some preventative measures we encourage all to follow:

- Wash hands frequently with soap and water for 20 seconds especially after using the bathroom, before eating, after blowing your nose, coughing or sneezing. Dry hands with a one-time towel (paper). If soap and water are not available, use an alcohol-based hand sanitizer*.
- Cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Throw used tissues away in the trash.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Stay away from people who are sick or not feeling well and avoid close contact with others through hugging, kissing or shaking hands.
- Disinfect frequently touched surfaces and objects such as mats, gymnastic equipment, door handles, etc. daily or after each class night using a regular household cleaning spray or wipe.
- Stay home when you are sick, except to get medical care
- Anyone with a fever should remain at home until they are "fever free" for 24 hours.
- Seek assistance from a health professional if you see or experience symptoms that cause concern.
- Keep hand sanitizer and disinfectant wipes available in your gym or location of your event.

People young and old may need to be reminded to follow these procedures.

While we know potential cancellations and disruptions are not ideal, the health and well-being of our athletes and members must be our top priority. We appreciate the community coming together to help make these difficult decisions. If your Unit has a reported case of coronavirus, please report this to our National Office.

Many stores no longer have Hand Sanitizer available. Did you know you can make your own following this simple recipe:

HAND SANITIZER*

1. 1 cup of 91% isopropyl alcohol.
2. ½ cup of aloe vera gel (natural or store-bought)
3. 15 drops of tea tree oil (or another antibacterial essential oil)

American Sokol is dedicated to helping maintain a safe environment for our communities. Thank you for your cooperation during this difficult time. We will continue to monitor and provide updates as necessary. We have endured many battles over our 155 years, and we will prevail through this global crisis just as Sokols have done in the past. If your local government, schools and sporting events are cancelling events due to this health concern, doesn't it make judicious sense to do the same in your unit.

Nazdar!

Jean K. Hruby

President, American Sokol

JeanHruby@american-sokol.org

Jean.hruby@gmail.com

Cell: 708.420.7589