



March 5<sup>th</sup> 2020

Dear TAS Community,

Like many of you, we have been closely following information regarding the local and global spread of the 2019 novel coronavirus (COVID-19). We would like to provide some anticipatory guidance on steps TAS plans to take to help lower the risk of transmission among our athletes, coaches, and families. As the situation evolves, we will be taking guidance from the local public school districts, Public Health - Seattle & King County, and the Centers for Disease Control and Prevention.

In the event that there are school district closures in the greater Seattle area, TAS will stop providing van transportation and team lodging. We do not have any plans to cancel on-hill training at this time; however, this is a rapidly developing situation. We will continue to monitor information on COVID-19 and adjust plans accordingly and keep the community updated on a regular basis.

In the meantime, we ask that athletes do not come to training if they are sick. This includes athletes with the following symptoms:

- Fever >100.4 F or 38 C
- New shortness of breath
- New cough
- Sore throat
- Uncontrolled runny nose
- Unexplained muscle aches

We similarly ask that any athlete with exposure to a persons with lab-confirmed COVID-19 not come to training for 14 days following their exposure. This is in keeping with Seattle Public School District policy.

As always, we want to stress the importance of good hand hygiene and common sense infection prevention measures. Please ask your athlete(s) to wash their hands frequently, avoid touching their eyes and mouth, and discourage them from sharing food and drinks.

The health and safety of our athletes, coaches, and families are of the utmost concern and at the forefront of our minds. Please stay tuned as this situation develops and feel free to reach out to Chris with any concerns.

Best,

A handwritten signature in black ink, appearing to read 'Chris Loewy', written in a cursive style.

Chris Loewy  
TAS Program Director