



Our first goal with each program and session is to provide a quality program that is safe for all participants. With the growing concern of COVID-19 we want to make sure all players, coaches, staff, families, and further personnel affiliated with the NAV are safe. The flu may not concern you, however there are many people around you that may have immune deficiencies and further difficulty fighting off a virus. Staying safe is about being aware of others and being empathetic to their health.

1. Cleanliness

Washing your hands, disinfecting surfaces, coughing into an arm, and other things can help prevent the spread of a potentially dangerous virus. Please continue being prudent and active in your measures of cleanliness.

2. Stay Home if You're Sick

Believe us, we want the best for each program. That includes you! But we want the BEST you. If you're not feeling well, PLEASE DO NOT participate in NAV games, programs, or events until you are no longer contagious.

3. Ditch the High Fives

We get it, high-fives are as classic as the game itself. Avoiding hand-to-hand contact is a great way to mitigate the spread of the virus. Elbow/knee/ankle bumps are ridiculous looking but they don't spread germs. So, maybe they're worth a try.

4. Alert Us

If you have been at the NAV recently AND later on contract a confirmed case of the coronavirus, please call and let our staff know. Sharing this type of information can be very helpful to our staff as we look to continue our scheduling in a safe and healthy manner.

All leagues, programs, and events are proceeding as currently scheduled. We will make sure to alert you if anything should change.

We're not disease pros, but we do know some people. For better and more scientific info visit: <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina>

Time to go play,

**NAV Staff
910-585-3212**