



SPORTS for Exceptional Athletes Maintain the Health & Fitness of Yourself & Others Around You

- Maintain Social Distancing of at least 6 feet
- Wear a facemask when around others
- Wash hands or use hand sanitizer often
- Cover coughs and sneezes
- Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces
- No spitting or eating sunflower/pumpkin seeds, gum, or other similar products
- **Avoid giving handshakes, high fives, and hugs**
- Avoid meetings/huddles unless maintain social distancing of at least 6'
- Do not touch other people
- Only touch your own equipment
- Sanitize surfaces/equipment before using



Exercising at Home

- Do stretches, exercises, walking & sports with your family
- To chart your daily progress in doing Exercising, use the S4EA Exercise Chart
- Visit the S4EA website at www.s4ea.org to find links to doing Sports and Exercises at Home during the Coronavirus Pandemic
- Stay safe & stay home



Status of S4EA Practices

SPORTS for Exceptional Athletes is closely monitoring federal, state & local guidelines on when it is safe to resume S4EA practices. We will update the S4EA website www.s4ea.org on the status of any practices starting up or you can call S4EA at 858-565-7432 for more information.

When S4EA practices resume, please do the following:

- Download registration form & COVID-19 release form from S4EA website, fill out & email to S4EA if possible
- Check temperature (if above normal, do not come to practice)
- Bring/wear a facemask
- Bring gloves (recommended, but not required)
- Bring your own filled water bottle (recommended)
- Bring your own sports equipment (highly recommended)
- Bring your own chair (recommended)
- Maintain Social Distancing of at least 6 feet
- **Avoid giving handshakes, high fives, and hugs**



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