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USSA MEMBER INSTITUTIONS
USSA SPORTS ASSOCIATIONS
USSA PROVINCIAL COMMITTEES
USSA NEC (For information)

POSTPONEMENT OF ALL USSA ACTIVITIES

Based on the announcement of 15 March 2020 by His Excellency, the President of South Africa, Mr. Cyril Ramaphosa that the coronavirus (COVID-19) pandemic be declared a national disaster, the NEC of USSA today resolved that all USSA tournaments, competitions, training camps and events be postponed with immediate effect until further notice. This includes the USSA AGM, Heads of Sport and Student Forum meetings scheduled for 17/18 April 2020 at the University of KwaZulu Natal. The participation of all USSA national and provincial teams in domestic and international competitions are further cancelled with immediate effect. The NEC of USSA shall closely monitor new developments and reconvene on 20 April 2020 to review the situation and to decide on the way forward. We wish to emphasise that these are precautionary measures to curtail the spread of the virus and ensure the safety of our athletes, official, administrators, staff and spectators.

Based on information received from respected medical sources, we wish to recommend that the following precautionary measures be adhered to at all times:

- Avoid contact with sick people.
- Stay at home when you are sick and try and keep distance from others at home.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Clean your hands often by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60 to 95% alcohol. Soap and water should be used if hands are visibly dirty.
- It is especially important to clean your hands after going to the bathroom, before eating, and after coughing, sneezing, or blowing your nose.
- Supplies of hand sanitizer, tissues, and other hygiene products may be limited, so consider bringing them with you when away from home.

President: Nomsa Mahlangu • 1st Vice-President: Mandla Gagayi • 2nd Vice-President: Lindokuhle Zwane
CEO/Secretary-General: Louis Nel • Chief Finance & Marketing Officer: Shadrack Nthangeni
Assessors: Yoliswa Lumka, Thabiso Letselebe, Tholoana Peu, Thabo Moilwa, Thobani Zikhali

- Pay attention to your health during travel and for 14 days after you leave.
- People with symptoms of acute respiratory infection should practise cough etiquette (maintain distance, cover coughs and sneezes with disposable tissues or clothing, and wash their hands) and if this occurs after travel, report as soon as possible to health care practitioners.
- Ensure that you comply with instructions from local authorities on any local restrictions on travel, movement or large gatherings. Gatherings of more than 100 people are prohibited.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid contact with farm or wild animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Masks: People with no respiratory symptoms, such as a cough, do not need to wear a mask. The use of masks should be reserved for people who have symptoms of the virus, and for those caring for individuals who have symptoms or confirmed COVID-19 infection. A mask does, however, prevent you from touching your own face, and hence reducing the risk of self-inoculation.

SASCOC advises that athletes who are healthy should continue training but to modify their approach in order to limit exposure to the coronavirus. This may mean the following:

- Smaller training groups.
- Adapting training times to go to training venue when less busy.
- Discussing home based programmes with your coach where plausible.
- Extra vigilance with precautionary measures such as hand washing and sanitising, cough etiquette, avoiding handshakes/hugs/physical contact.

Athletes who have any symptoms of respiratory or other illness are advised to refrain from training until symptoms resolve or medical advice is obtained. If an athlete has recently travelled to an area with coronavirus (COVID-19) and displays any signs and symptoms of respiratory illness (sore throat, cough, fever, shortness of breath), please contact the **South Africa COVID-19 HOTLINE: 0800 029 999** (Mon-Fri 8am – 4pm) for advice on testing and/or self-isolation.

Kind regards



Louis Nel

SECRETARY GENERAL / CEO