



## Coronavirus Cancels Youth Athletics

In response to the dynamic coronavirus (COVID-19) situation, the first priority of USATF Long Island is the safety and welfare of all of our athletes, coaches and families. It is in the best interest of society to take a collective pause from playing the sport we love.

The Centers for Disease Control and Prevention (CDC) has urged ending gatherings of more than 10 people. The CDC says that the virus spreads most frequently through close contacts within about 6 feet, transmission of the virus occurs commonly through respiratory droplets and through contact with contaminated surfaces.

All **Youth Association, Regional, and National Championships** have been cancelled due to the spread of the virus, so athletes will not get the opportunity to challenge themselves this year. However, athletes should remain motivated because I know this is going to pass and when the time is right, they should be ready to compete.

With organized sports on hold, it emphasizes how important sports is to our lives both through watching and playing. The current level of uncertainty has left clubs, athletes, and their parents wondering what could have been. Athletes and parents need to be patient in our return to athletics and consider how our decisions will not only affect ourselves, but how they will impact our broader communities. I'm encouraging all to stay active and healthy while at home by doing home exercises and experimenting with creative variations that fit your housing situation. It is vital that we all continue to practice physical distancing.

My recommendation to coaches is to register and participate in any of the many virtual coaches' clinics online. Take the time now to become a better coach at preventing and treating injuries, teaching age-appropriate skills, and communicating in the best way to youth. Even if you've been trained previously, online courses such as these provide a great refresher.

On behalf of the entire USATF Long Island family, I want to reiterate that your safety and wellbeing remain our highest priority.

We thank you for your support and your loyalty and will continue to keep you updated through this dynamic situation.

Sincerely,

**Clive Walters**

Youth Chair- USATF Long Island