

# STAYING HEALTHY AT TOURNAMENTS

Many of our members are concerned about the spread of coronavirus, but there are easy steps we can take to keep tournament spaces a safer and healthier environment for everyone!

## WHERE CAN I LEARN MORE?

- All NSDA members are encouraged to stay up-to-date with **news and recommendations** from the Centers for Disease Control and Prevention:  
[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
- Please continue to **check our website for National Tournament updates**:  
[www.speechanddebate.org/coronavirus](http://www.speechanddebate.org/coronavirus)
- Review **proper handwashing technique** from the World Health Organization:  
[www.who.int/gpsc/clean\\_hands\\_protection/en](http://www.who.int/gpsc/clean_hands_protection/en)

## WHAT STEPS CAN I TAKE?

- **DO** stay home if you're sick.
- **DO** wash your hands often – for at least 20 seconds using soap and water.
- **DO** practice good illness etiquette – cover your cough or sneeze with a tissue, then throw it in the trash.
- ✗ **DON'T** shake hands – we'd suggest an “air high-five” instead! We encourage judges to be understanding.
- ✗ **DON'T** discriminate – concerns over an illness should not be used as an excuse to discriminate against anyone, and as per our **harrasment and discrimination policy**, discriminatory behavior will not be tolerated at NSDA events
- ✗ **DON'T** touch your face

The NSDA is closely monitoring the situation with coronavirus (COVID-19) and staying up-to-date with the latest recommendations by the Centers for Disease Control (CDC). We know many of our members are concerned, and as always, the health and safety of our members is our primary concern.

We will also be taking appropriate steps at the National Tournament based on CDC recommendations to keep participants as safe and healthy as possible. Any future updates or changes will be communicated directly to NSDA members, as well as posted on our website: [www.speechanddebate.org/coronavirus](http://www.speechanddebate.org/coronavirus)

*The NSDA would like to credit the CDC, WHO, CHSSA, and other organizations for the content and information contained in this document.*