

lunchtime legends

COVID-19 UPDATE – STAGE 1 - CONTAINMENT

Lunchtime Legends competitions have been suspended from Monday 16th March through Monday 6th April. This decision has been made based on an internal risk assessment on Sunday 15th March. Put simply, our conclusion is that it is impossible to conduct sporting competitions without some risk of transfer of infection. Contact with people & equipment is part of sport, it cannot be avoided. At the core of the matter, we cannot guarantee that everyone who participates is infection free.

Whilst we have no knowledge of anyone contracting the disease via participation, given current public health warnings aimed at minimising potential spread of COVID-19, we feel we have a responsibility to take affirmative action. At the end of the day, it's just a game. There is more at stake than what the risks are worth. We care for everyone who participates and officiates, we also care for their extended families.

By taking a break, we can;

- a. Help slow the spread of the disease at this critical time.
- b. Allow everyone time to get used to the new social norms.
- c. Allow us time to develop and implement ongoing health safeguards.

When competitions resume, which they will, games missed during this time will be rescheduled. They will be treated like any other wet weather postponement. We appreciate that this will cause disruption, but that is unavoidable. As you might appreciate, this decision has not been taken lightly, but taken with every ones best interests at heart. We trust that you will understand.

What follows is a summation of the situation and what we can all do to contribute to a positive outcome. We look forward to seeing you all in a few weeks when things have had time to settle.

COVID-19 By the numbers

As of 15/03/2020, 11:40pm

Total confirmed

162,687



Total deaths

6065

Total recovered

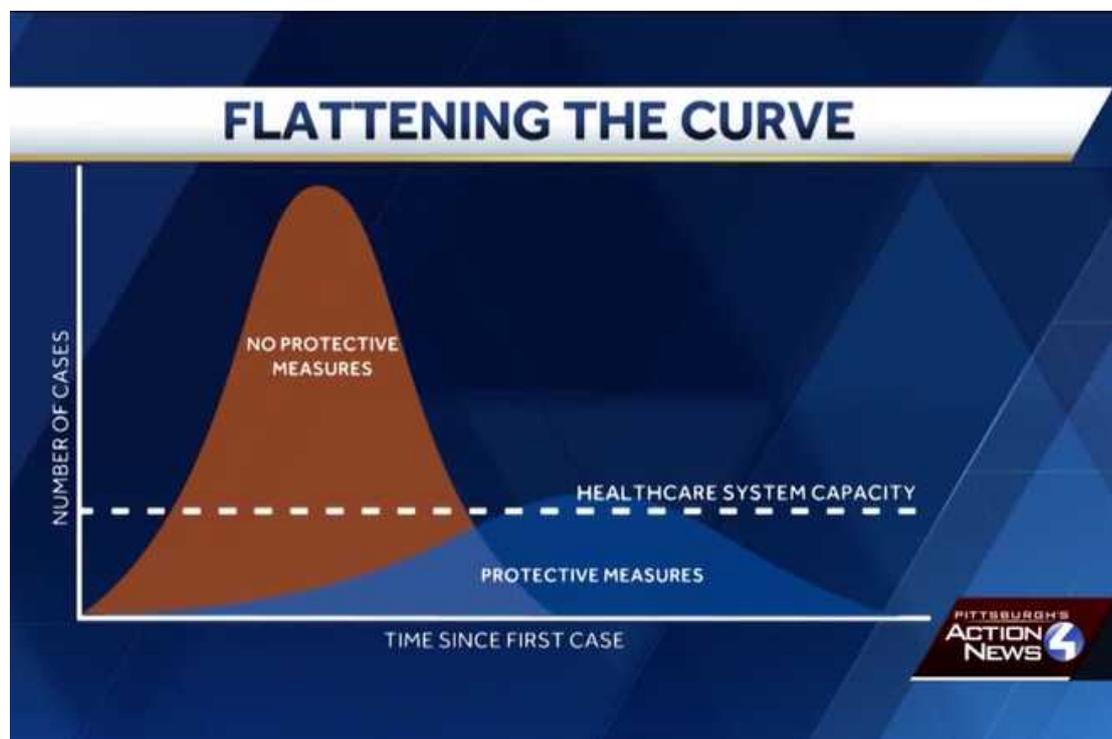
75,620



How do we get infected?

- We get it by touching, talking with, being sneezed or coughed on by someone already infected. Or touching something they have touched.

Why we need to act now



- The sharp curve in the graph above indicates how with inaction, the virus begins spreading rapidly leading to great numbers of people contracting COVID-19 in a short space of time.

- To flatten the curve, the virus spread needs to be at a much slower rate, which also means there will be fewer people diagnosed with the virus over time.
- So precautionary measures must be taken to diminish the rate at which new cases occur, & so prevent overtaxing the finite medical resources available to treat the virus.
- It's especially important in places that don't have many cases, to ensure the virus does not start to spread at a rapid rate.

How to keep yourself and others safe

- Avoid crowds, especially indoors.
- Avoid close contact with anyone who is ill.
- Anyone returning from overseas needs to self-isolate for 14 days.
- If you come into contact with someone who is diagnosed with COVID-19, you need to self-isolate for 14 days.
- If you are co-habituating with someone who is self-isolating, you should also self-isolate, as you may become a carrier.
- Suspend the usual hugging and lounging all over your friends.
- Go for a walk or a run when the streets are quieter.
- Adopt social distancing practices. This will take some getting used to, but it's generally advised that you're better off keeping a metre or two away from other people.
- Cough or sneeze into a tissue or into your sleeve, elbow or armpit. Do not sneeze into your bare hands and then wipe your hands on your clothes. Do not cough and splutter without covering yourself. Pay attention to what your body is doing. Sharpen up.
- If you must take public transport, avoid crowded times, keep your distance from other passengers and wash your hands for at least 20 seconds at the earliest opportunity.
- Keep your hands away from your eyes, nose and mouth. Touching the mucous membranes on your face with your dirty hands allows germs that cause respiratory infections to enter the body. This won't be easy. It's said that we touch our faces every minute or so.
- Do not share bottles and cups.
- Frequently wash your hands, for 20 seconds.
- Face masks are for sick people. And if you're sick you should be home.
- Home is where we all need to spend as much of our time as possible for now. This will slow down the spread of the virus which most people will experience as a mild cold.
- It's older people and people with chronic diseases who are at risk of becoming very ill and dying. In Italy, the public has been told that their strict lockdown is for the sake of saving their grandmothers and grandfathers.
- Think of other people. We're all in it. We can all make a difference as to how things play out.