

*Like many in the industry, Kings Lacrosse is continuing to monitor the latest updates to the coronavirus (COVID-19) situation to best assist the lacrosse community.*

*To begin, it's imperative we all follow the [guidelines provided by the Centers for Disease Control and Prevention](#) (CDC). The CDC resources are continually updated as new information arises so please check back regularly.*

*At this point in time, Kings Lacrosse has no plans to cancel any of its upcoming events. However, that decision is subject to change based on decisions by federal, state, local or other public health authorities.*

*Below is a list of basic guidelines from the CDC that will guide us all in helping to prevent the spread of respiratory illnesses:*

- *Avoid close contact with people who are sick.*
- *Avoid touching your eyes, nose, and mouth.*
- *Stay home when you are sick.*
- *Cover your cough or sneeze with a tissue, then throw the tissue in the trash.*
- *Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.*
- *Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.*

*As it relates specifically to lacrosse, we suggest the following additional preventative measures:*

- *Encourage anyone who is sick (players, coaches, officials, fans) to stay away from activities. Consider encouraging fans with medical conditions (i.e. heart or pulmonary conditions, diabetes) that may make them more at risk for COVID-19 to avoid mass gatherings.*
- *Avoid handshakes in postgame handshake lines.*
- *Use good hygiene practices with water bottles.*
- *Properly clean and sanitize lacrosse equipment.*
- *Bring hand sanitizer to events.*

*We encourage individuals to contact their local healthcare providers and public health authorities if they have questions or concerns regarding individual medical advice. Given the rapidly evolving nature of this situation, please continue to monitor information from the CDC, and state and local public health authorities, and will share any updates that relate directly to the lacrosse community.*

# 3STEP SPORTS

## 3STEP Sports Coronavirus Awareness

As we enter into the spring event and tournament season, we want to ensure all our participating athletes, parents, staff and coaches that 3STEP Sports continues to monitor the COVID-19 situation and is taking all necessary precautions at every level of our sports platform. Although we do not see any immediate danger or cause for concern, our dedicated staff will be onsite to monitor and implement any measures needed to continue and provide the safest and most sterile environment for all involved. Additionally, we will be following the guidelines set forth by the CDC at all our facilities and upcoming events.

While there is still more to learn about coronavirus, our intent in sharing this is to provide current and accurate information about the situation, and to offer pragmatic steps we all can take to keep our ourselves, our family and friends, and our communities healthy and safe, while minimizing panic.

We all have a responsibility to do our part to limit the spread of this virus and other illnesses, especially to those at a higher risk due to age, compromised immunity, or pre-existing conditions. Additionally, by doing as much as we can to stay healthy ourselves, we support the healthcare providers who will be caring for those in greater need when it becomes necessary.

If you have any questions or concerns, please feel free to contact us at [admin@threestep.com](mailto:admin@threestep.com). For further information on daily recommended health tips, please refer to the following links: [Coronavirus: Safety and Readiness Tips for You](#)  
The CDC's "[What You Should Know](#)."

Thank you for your continued involvement in 3STEP Sports and we look forward to seeing you on the courts and fields this spring.

WE RUN SPORTS

