

October 1<sup>st</sup> , 2009



## **IMPORTANT REQUEST FOR PARENTS AND SWIMMERS FROM COACH MAUL:**

As you all know, we are experiencing one of the worst flu seasons in recent memory. Many of our swimmers have been out of practice with various complications due to the widespread illness. We request parents to follow these guidelines.

1. Have your children wash their hands 8 - 10 times a day. The contact with door handles, tables, chairs, etc. at school is a common means of coming in contact with a virus.
2. If your child has a fever (one of the initial signs with the current strain) please keep them home from swim practice until the illness has run its course. I think one would be well advised to follow the same practice for school, but that's not my area of responsibility.
3. Don't rush back to training too fast. I have noticed that those who have become ill and have tried to come back quickly have tended to have a relapse. Be sure your child has fully recovered before returning to the pool. It is better to miss a week than a month.

Terry Maul  
ATAC head coach