

# Basketball Cheer Coach's Information 2019

## Registration Dates:

1 Oct – 25 Oct 19

## Coach's & Official's Meeting:

THURSDAY, **24 OCT 19** @ 5:00 pm  
Bldg #6398 Garcia Blvd, JBLM Lewis

## Parent's & Coaches Meeting:

Sports Zone Gym  
Bldg #2295 on 12th & Bitar, JBLM Lewis

Saturday, **2 November 2019**

Lil Dribblers	1000 = 3 - 4 years
Basketball	1100 = 5 - 6 years of age
Basketball	1200 = 7-12 years of age
Cheerleaders	1200 = all ages

## Practices Begin:

Week of 4 Nov 2019

## Games Start/End:

- Lil Dribblers have no games
- practices end on 11 & 12 December 2019

Games Start - Sat 16 Nov 2019

Games End - Sat. 25 Jan 2020

## Picture Day for individuals & teams:

Lewis = 18 - 21 November 2019

McChord = 03 December 2019

## NAYS Certification (coaches training):

CYS Sports Department will schedule our coaches as needed.



## CYS SPORTS OFFICE

253-967-2405

## Sports & Fitness Director

Cynthia Williams-Patnoe

[cynthia.williams-patnoe.civ@mail.mil](mailto:cynthia.williams-patnoe.civ@mail.mil)

## Sports Specialist

Chuck Williams

Aisha Vandesspoooll

Nakia Pruitt

Alex Diaz

## Equip & Facilities

Todd Melton

Steven Wartella

## Fitness Specialist

Steva Brown

Justin Graham

Genia Stewart

## Administrative Assistant

Gino McDuffy

# **Letter of Instructions for Coaches**

**Welcome to the 2019/20 Basketball/Cheer season!**

**Below are just a few notes and instructions on how to make your season run as smoothly as possible for you. Please know that you can always call the office if you have questions or concerns.**

**Coaches Folders: There are 2 sides (Coaches & Parents)**

**a) Coach's side:**

- i) Rules for basketball:** Please read & be familiar with them by game time.
- ii) Policy for Participation:** This is an extension of the rules.
- iii) Game Snack Schedule:** We recommend that you elect a "Team Parent" by your first or second practice. They can help you organize and prepare for the games with snacks and drinks at each game. This is your responsibility if you cannot find someone to step up and be a "Team Parent."
- iv) Incident Reports:** The top page is a sample of how to fill one out if needed. These need to be filled out anytime you are applying an ice pack, band aid or any type of first aid (the first aid kit is located in your equipment bag). Please turn the form into the office as soon as possible afterwards. If the office is closed the next morning is sufficient.

**b) Parent's side: There are stapled packets of paper on this side. One for each child's parents. Each packet holds the following:**

- i) Game Rules** – for the parents to read and review.
- ii) Snack Ideas** – suggestions for the parents to bring on game days.
- iii) Directions to all practice locations** – for Practice's
- iv) Parents & Players Code of Ethics** – please review these with the parents and players at your first practice and have them sign and return them to you. You keep these until the end of the season and then you may shred them. They are your back-up in case you have any sort of trouble with a parent at practices or games.
- v) Players left unattended** – this is not in the packet, but it is very important that you remind the parents that any children under the age of 10 are not to be dropped off and left at practices by themselves. If the child has emergency meds (this will be indicated on your rosters) even if the child is 10+ the parent still needs to remain on site. This is for you and your team's safety. This is also a JBLM policy and a zero tolerance policy with CYSS Sports. Also, siblings on the sidelines need to be attended by parents while practices are being conducted.

**AS ALWAYS, WE THANK YOU FOR VOLUNTEERING  
TO COACH THE YOUTH OF JBLM!!!**



# **Basketball Rules**

Revised 01 Oct 2019

**Age Determination:** The age of the player on 1<sup>st</sup> scheduled game date.

**Ball:** 5-6 yr. Voit 110, Rookie size, or other brand of same size  
7-10 yr. Midsize 28.5  
11-12 yr. Regulation size

**Hoop Height:** 5-8 yr. @ 8' and 9-12 yr. @ 10'

**Pre-game Warm-up:** 5-minutes, possibly more if not scheduled game time yet to start on the hour

**Time in Quarter:** Two 20-minute running clock halves.  
Normal stop clock on LAST 2 minutes of 2<sup>nd</sup> half ONLY. (Keep running if score turned off)  
Halftime is 5-minutes.  
NO overtime. Game may end in a tie.  
2 Timeouts per half at 30 seconds each.

**League Play:** National Federation High school Rules will be used with the following amendments:

- Be ready 15 minutes prior to scheduled starting time. Clock may be started on scheduled time.
- All Players should have equal starting and playing time.
- **No jewelry.** (Includes rubber bands not used in hair and hard plastic) No taping of earlobes to hide earrings.
- **Last and First names with corresponding numbers** are to be placed in the official scorebook 2 minutes prior to game time. Coaches are responsible to put in the book. Suggest to make in advance and turn in to scorer
- Team Name, Coaches and Team Management will also be listed on the **official score sheet.** Members not listed on the score sheet will not be allowed in the bench area.
- **5-6 yr. only: NO SCORE** will be kept on the clock
  - **NO Jump ball** to start game. Guest team will start game at half court out of bounds.
  - Defensive players can NOT double team, trap or STEAL the ball while the player has control. (Holding or dribbling) Inside 3 pt. line is allowed except stealing the ball. (Hands UP)
  - Penalty: Warning and award ball out of bounds.
- **Backcourt Pressing:**
  - **5-6 yr.** No Backcourt pressing allowed at any time. (Once player has control of ball)
  - **7-8 yr.** Only in 2<sup>nd</sup> half. No pressing if 10 point or more lead.
  - **9-12 yr.** Allowed at all times unless 10 point or more lead.
- **If 20 pt. or more lead, NO half court press, drop back to free throw line extended**
  - Warning on the 1<sup>st</sup> violation, Technical Foul after for each after for Unsportsmanlike Conduct.
- **3 sec. key violation:**
  - **5-6 yr.** No Violation
  - **7-8 yr.** 5 sec. rule, relaxed rule
  - **9-12 yr.** Normal 3 sec. rule, relaxed rule
- **Traveling:**
  - **5-6 yr.** No Violation
  - **7-8 yr.** Called on obvious & if advantage/disadvantage, very relaxed rule
  - **9-12yr.** Called on obvious, relaxed rule
- **Double Dribble:**
  - **5-6 yr.** No Violation
  - **7-8 yr.** Called on obvious, allowed to intermittent dribble
  - **9-12 yr.** Called on obvious, relaxed rule

- **Freethrows:**
  - **5-6 yr.** NO freethrows. Awarded ball out of bounds.
  - **7-8 yr.** 10' Shoot only in last 2 minutes of game only (not called for going over line)
  - **9-10 yr.** 12' Shoot only in last 2 minutes of game only (not called for going over line)
  - **11-12 yr.** 15' Shoot only in last 2 minutes of game only
- **Backcourt:**
  - **5-6 yr.** No Violation
  - **7-8 yr.** No Violation but emphasis not taking advantage of
  - **9-12 yr.** Normal rule

#### **Fouls:**

- On **shooting fouls** and fouls committed **after sixth team foul** each half, **one point is awarded** to the fouled team and the ball is given to them out of bounds to the nearest spot of the foul.
- On fouls committed when the **basket is made** the 2 or 3 points count, and the fouled team receives the **ball out of bounds**
- **During the last 2 minutes of the game**, unless there is 20+ lead, free throws will be shot as in regular basketball. Bottom spaces located to free-throw line on both sides are not legal to occupy. Max of 2 offensive and 4 defensive players are allowed in marked lanes.
- **Technical fouls are NOT shot.** Two points are automatically added for each technical and the ball given at half court for a team throw-in to the awarding team.

#### **Point Spread:**

- If a **20-point** difference with **5 minutes** or less left in the game, the **score will be 0 – 0**, and only the time will remain visible.
- This can be modified at any time by on site Director / Coordinator if needed to remove score earlier to avoid embarrassment or negative environment.

#### **Responsibilities:**

- The **Head Coach** is the **ONLY** Coach allowed to stand during the game. **Stay in Bench area** - not close to table.
- The **Head Coach** is the **ONLY** person allowed to approach the official's or the scorekeepers. A parent may ask immediate questions to their coach or the available CYS Sports Staff on Duty.

#### **Sportsmanship:** Please review your Parent Code of Conduct.

- **Coach's & Parents** are also Teachers. Only good sportsmanship behavior is allowed at our games.
- **Do NOT argue with the Sports Director, Officials, Scorekeepers, or Staff on Duty.** You may be asked to leave if disrespectful or unruly. Do NOT argue about the score. **Questions, concerns, and suggestions can & will be handled later away from the children.**
- **Please write up your concern & EMAIL it to the Sports Director listed below for follow-up.**
- **Unruly, unsportsmanlike behavior** will **NOT** be tolerated and you "may" be asked to leave.
- **If a parent receives Disqualification or Ejection**, then **ONLY the Parent**, not the coach, will be asked to leave the vicinity. You have 1 minute to leave, or a team forfeit will result. We do not want to punish the team or coach for inappropriate adult behavior. Please avoid this by remembering that this is a recreational league. **No profanity or inappropriate behavior.**
- **Should an official eject a coach, parent, or player**, the Sports Director or CYSS administrative staff will be responsible for ensuring the person is escorted out of the building. The official should return to the center of the court and remain a neutral party until the removal is completed.
- We play in a "Recreation" league so please emphasis safety, sportsmanship, team play, and good attitudes.
- Please help us to **provide a safe, positive, and fun environment** for our youth.

#### **Game Cancellations/Delay:** (Emergencies, Exercises, Weather, Schools, etc.) **call info line & Coaches.**

Call Coaches first if possible. Decisions to play or cancel will be made 1 hour prior to first game time on Saturday.

\*Rules may be changed during the season if the rule is better for safety, play, & our program. Keep most current copy with you at all times for reference and reminders. Any questions, concerns, problems, injuries, or positive suggestions please email the JBLM Sports & Fitness Director at [cynthia.a.williams-patnoe.naf@mail.mil](mailto:cynthia.a.williams-patnoe.naf@mail.mil) or call the Sports Office.

\*Let us all have a safe, fun, positive, and memorable season. Thank you for your participation and **thank a VOLUNTEER!**

**CYS Sports Office (253) 967-2405**

# Policy for Participation & Level of Play

JBLM Youth Sports  
Nov 04, 2019

- Teams are formed based on the age they are on the first game.
- Players can play up based on age, ability, size, and if room on the roster.
  - Must be approved by the Sports Director, Cynthia Williams-Patnoe @ 253-967-2405.
- Older and more experienced players should always keep in mind safety over competition.
- This means no unsafe playing actions or rough play.
- Leadership and Sportsmanship is priority!



1. Teams **may use players from other teams** if their own team does NOT have enough players to provide both a starting lineup and substitutes.
2. Coaches with the team that does not have enough players will have the responsibility to control and monitor play time for all players. Some substitutes may be stepping in for a 2<sup>nd</sup> game and some may not.
3. Not all situations are simplified by rules due to some players and parents who do not want to play 2 games or for 2 hours. Be flexible to understand it is about playing the game vs. winning and losing.
4. If both coaches agree, both teams can take the field with less players. Please remember that we are a recreation league. Our focus is on helping all kids to learn the basics and to have fun.
5. If a situation is in question, do NOT question or try to deal with it during the game. Write it down and email to the Sports Director, Cynthia Williams-Patnoe at [cynthia.a.williams-patnoe.naf@mail.mil](mailto:cynthia.a.williams-patnoe.naf@mail.mil), this helps us avoid our youth being involved.
6. If a concern happens during a game, the coaches need to tell the on-site sports staff of the situation so they can monitor and be aware.
7. **Remind parents to talk to you, the coach, and NOT the official if they question a call.**
8. **The coaches are responsible for calming their parents down if an emotional situation arises.**

The Sports Director or assigned Sports Staff can clarify or monitor when needed.

Thank you for helping to provide a Safe & Positive Place for Youth!!

# Healthy Snack Ideas

The key to healthy snacking is in providing a balance of food choices that the children can enjoy. Make it a point to read the Nutrition Facts Label that now appears on most processed or prepared food products. These labels provide useful information about serving size, total calories and calories from carbohydrates, protein and fat along with information on the other nutrients contained in the food. In addition to the nutrition facts label, food manufactures are now required to list on the label, in descending order, the weight of all ingredients in a food product. Try to select snacks that do not have sugar, salt or oils listed as the prime ingredients.

## Guideline and Suggestions for Healthy Snacks:

1. Prepare snacks that are kid-friendly. When serving fruits and vegetables offer them in bite size portions. Some fruits and vegetables such as apples, pears and carrots can be cut up into sizes that children can easily manage. Try to prepare snacks in advance.
2. Select only juices that are 100% juice. All fruit drinks are now required to have a list of the ingredients on the label. Many products that advertise themselves as fruit juices contain no more than 10% juice. Avoid soft drinks.
3. Limit cookies, doughnuts, brownies and other baked goods. Instead serve bagels or rice cakes. Children also enjoy mixing several types of ready to eat cereals together for a snack.
4. Limit chips and other salty, high fat snacks. Instead, offer baked pretzels, air popped popcorn, dried fruit, dry cereal, granola and whole grain crackers.

## Snack Ideas

Apple Chips/Baked Chips

Ritz/Wheat Thins

Fruit Juices

Whole grain crackers

Muffins

Bagels

Cheese Sticks

Dried Fruit

Rice Cakes

Fresh Fruit Slices

Trail Mix

Bread Sticks

Ready to eat cereal mix

Baked Pretzels

Real Fruit Roll-ups

Animal Crackers

Granola Bars

Cheese & Crackers

Raw Vegetables

Beef Jerky

Fruit Bars

# 2019/20 Basketball & Cheerleading

## Snack Schedule

<b>Game Date</b>	<b>Name</b>	<b>Snack</b>	<b>Drink</b>
November 16, 2019	GAME #1		
November 23, 2019	GAME #2		
November 30, 2019	HOLIDAY - NO GAMES		
December 7, 2019	GAME #3		
December 14, 2019	GAME #4		
December 21, 2019	HOLIDAY - NO GAMES		
December 28, 2019	HOLIDAY - NO GAMES		
January 4, 2020	HOLIDAY - NO GAMES		
January 11, 2020	GAME #5		
January 18, 2020	HOLIDAY- NO GAMES		
January 25, 2020	GAME #6 Last Game Day		



# Directions to Basketball/Cheerleading Practice Locations

## **McChord School Age Services, Bldg 3032**

### **From Interstate-5:**

From north or southbound I-5 take exit #125 to McChord/Lakewood. From the north, take a left at the end of the exit ramp, from the south take a right. This will put you on Bridgeport Way. Continue on Bridgeport to the McChord AFB Main Gate. From the main gate, stay in the right lane and veer off to the right down Fairway Drive. Continue on Fairway for one mile to Lincoln Blvd. Turn right onto Lincoln and travel for about one mile until you enter the base housing area. Turn right at the "Y" in the road and then take the first left past the school onto Dogwood Lane. The youth center will be the first bldg on your left.

## **Carter Lake Elementary**

3420 Lincoln Blvd. SW, JBLM McChord Field, WA 98439

### **From Interstate-5:**

From north or southbound I-5 take exit #125 to McChord/Lakewood. From the north, take a left at the end of the exit ramp, from the south take a right. This will put you on Bridgeport Way. Continue on Bridgeport to the McChord AFB Main Gate. From the main gate, stay in the right lane and veer off to the right down Fairway Drive. Continue on Fairway for one mile to Lincoln Blvd. Turn right onto Lincoln and travel for about one mile until you enter the base housing area. Turn right at the "Y" in the road and the school will be on your left.

## **Evergreen Elementary**

9010 Blaine Avenue, JBLM Lewis Main, WA 98433

### **From Interstate-5:**

From north or southbound I-5, take Exit #122 to Madigan/Camp Murray. From the north, take a left over the freeway. From the south, take a right. Continue through the checkpoint. Go to 1st light and turn right. Go to the street directly across from Madigan (this is 5th Street, but there is no sign) and turn right (There is a building on the right side of the street called Medical Simulation Training Center). Go to the stop sign at Blaine and turn left. The school is on the right.

## **Hillside Elementary**

61700 Garcia Blvd, JBLM Lewis Main, WA 98433

### **From Interstate-5:**

Take I-5 to Exit #120 for JBLM Lewis Main/Lewis North. Follow the signs to JBLM Lewis Main (NOT JBLM Lewis North). Continue through the checkpoint. Enter the left turn lane. Turn left onto Colorado (the first traffic light after passing through the gate.) Turn left onto Garcia Blvd. Continue for almost one mile to Magnolia Blvd and take a right. The school is on the left.

## **Rainier Elementary**

2410 Stryker Avenue, JBLM Lewis Main, WA 98433

### **From Interstate-5:**

Take I-5 to Exit #120 for JBLM Lewis Main/Lewis North. Follow the signs to JBLM Lewis Main (NOT JBLM Lewis North). The exit will curve under the freeway. Continue through the checkpoint. Proceed through 3 traffic lights and turn right on Bitar Avenue. Continue on Bitar Avenue approximately .6 miles. Take left on S Division St. Take left Stryker Avenue, school will be on the left.

## **Meriwether Elementary**

10285 Compass Avenue, JBLM Lewis Main, WA 98433

### **From Interstate-5:**

From north or southbound I-5 take exit #120 for JBLM Lewis Main/Lewis North. Follow the signs to JBLM Lewis North / 41<sup>st</sup> Division Drive. Continue through the checkpoint. Travel on 41<sup>st</sup> Division Drive approximately 1.8 miles. Turn right onto A Street, at the traffic circle continue straight through staying on A Street. Continue on to East Drive, at the traffic circle take ¼ or 1<sup>st</sup> exit onto Compass Ave. The school will be on the left.

## **Beachwood Elementary**

8890 Concord St, Joint Base Lewis-McChord, WA 98433

### **From Interstate-5:**

Take I-5 to Exit #120 for JBLM Lewis North. Follow the signs to JBLM Lewis North (NOT JBLM Lewis Main). Continue through the checkpoint onto 41<sup>st</sup> Division Dr for approx. 1.7 mi. Turn right onto A St. At the traffic circle, take the 1st exit onto 17th St approx. 0.6 mi. Turn left onto American Lake Ave. Turn right onto Concord St and your Destination will be on the right.

## **North Fort Youth Center**

### **From Interstate-5:**

Take I-5 north or southbound to Exit #120 for Fort Lewis/North Fort Lewis. Follow the signs for North Fort Lewis. Stay in the right lane, which will eventually take you off to the right onto Division, turn right at the first light (San Francisco), and continue to the left at the fork (American Lake Avenue). Continue on American Lake Avenue to the first stop sign; turn right, the Youth Center is on your left.

## **CYS Youth Sports Gym (same as the Parent Central Bldg)**

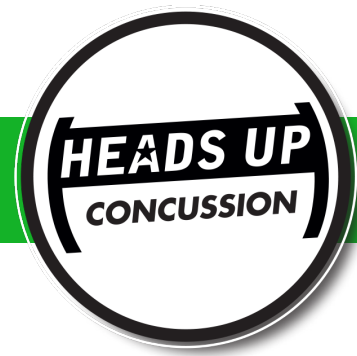
Bldg 2295 on the corner of 12<sup>th</sup> St & Bitar Ave

## **CYS Youth Sports Office (for cheer only)**

Bldg 6398 Garcia Blvd, next door to the Hillside Elementary School



## HEADS UP CONCUSSION ACTION PLAN



### IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON."**

### CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

#### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

#### SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall



JOIN THE CONVERSATION AT  [www.facebook.com/CDCHeadsUp](http://www.facebook.com/CDCHeadsUp)

# HEADS UP

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)



# FIRST AID

## What you should know!

### BASIC RULES

- **DO NOT** move the patient
- If the patient is unconscious and **not breathing** follow the **EMERGENCY RESUSCITATION PROCEDURE**
- If **breathing** place in the recovery position as shown in **FIGURE 5**
- Keep patient warm and covered
- **DO NOT** give the patient food, drink or allow to smoke
- Loosen any tight clothing
- Reassure the patient
- If you have any doubts about the injury call an ambulance

### BURNS

- Cool the skin immediately with running water and continue this treatment for at least 10 minutes.
- Remove any restrictive jewellery
- Apply a clean dressing



### BLEEDING

- Raise the wound
- Apply pressure to the wound with your hand or a clean dry cloth until the bleeding has stopped
- Apply a clean dressing



### EMERGENCY RESUSCITATION PROCEDURE

#### ARTIFICIAL RESPIRATION (KISS OF LIFE) Mouth to Mouth method

- 1. SAFEGUARD YOURSELF**  
If patient collapses due to an **ELECTRIC SHOCK** - switch off the current or break the circuit.  
Use or stand on some **DRY** non-conducting material to **REMOVE THE CASUALTY** from contact with the cable or source of electricity
- 2. IMMEDIATELY** start artificial respiration and send for **MEDICAL AID**
- 3. METHOD**  
**SEE DIAGRAMS 1-5**  
Lay casualty on back, if possible on a table or bench. Kneel or stand by the casualty's head

### EMERGENCY SERVICES

**DOCTOR**  
**TELEPHONE:** .....

**AMBULANCE**  
**TELEPHONE:** .....

**NEAREST FIRST AID**  
.....



**1**

Remove any obvious obstruction, including broken or displaced dentures from the mouth, by sweeping a finger around the inside of the mouth



**2**

Open the airway by head and chin lift. Pinch the casualty's nostrils together with your fingers



**3**

Open the mouth wide and take a deep breath. Seal your lips around his/her mouth. Blow into casualty's mouth until the chest rises.



**4**

Remove your mouth, allow the chest to fall. Continue at a rate of 10 breaths a minute, until normal breathing is restored or until medical aid arrives



**5**

When the casualty is breathing, place in the recovery position, this prevents choking on the tongue and allows fluids to drain

This poster is for guidance use only and should not replace formal first aid training.  
Report all accidents to nominated staff member.  
For more information visit [www.sja.org.uk](http://www.sja.org.uk)



# BLOODBORNE PATHOGENS

## UNIVERSAL PRECAUTIONS FOR THOSE OCCUPATIONALLY EXPOSED TO BLOOD OR OTHER POTENTIALLY INFECTIOUS MATERIALS

OSHA  
29 CFR 1910.1030

### BE AWARE

Treat All Blood and Body Fluid as if They Were Infected With:

- 1) HIV (Human Immunodeficiency Virus) Which Frequently Leads to **AIDS**.
- 2) HBV (**HEPATITIS B** Virus).
- 3) Other Bloodborne Pathogens (Microorganisms Found in Human Blood Which Can Cause Disease).

**READ** Your Organization's Exposure Control Plan.



**KNOW** Procedures, Practices, Vaccination Requirements, and Appropriate Reporting for Incidents of Exposure.

**KNOW** Color Codings:

- 1) Labels and Signs are Fluorescent Orange-Red with the Lettering or Symbol in a Contrasting Color.
- 2) Red Bags or Containers Don't Have to Be Labeled Since Their Red Color Indicates They May Contain Biohazards.



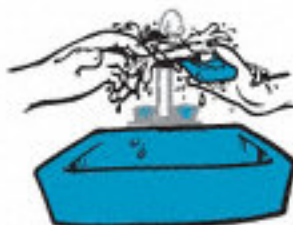
**READ** All Signs and Labels Carefully.

**USE** Appropriate Personal Protective Equipment



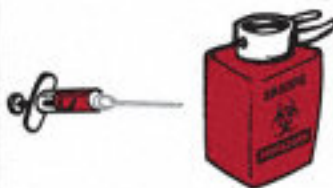
## GOAL: REDUCE TO ZERO YOUR RISK OF INFECTION

**ALWAYS** Wash Hands.



**FOLLOW** Safe Hygiene and Work Practices.

**NEVER** Recap, Bend, or Break Needles.



**ALWAYS** Dispose of Needles in Appropriate Containers.

**DISPOSE** of Personal Protective Equipment and Contaminated Laundry Properly in Designated Areas.



**CLEAN** Worksite and Decontaminate Equipment. Follow All Safe Handling Requirements.



**REMEMBER** Consider All Body Fluids as Potentially Infectious

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