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BUFFALO

buffalo.edu/recreation

UB Recreation Newsletter

Coronavirus [COVID-19]

<<< april showers

Recreation & Intramural Services has activated a team focused on implementing the university's response to the COVID-19 situation. The University at Buffalo is monitoring the COVID-19 situation carefully and is taking proactive and prudent measures to ensure the health and safety of the UB community in accordance with the guidance provided by the Centers for Disease Control and Prevention (CDC).

UB Recreation is CLOSED until further notice. Please continue to visit our website for the most up to date information in regards to this closure. We appreciate your patience as we navigate through this time of uncertainty.

- [UB REC CPR & First Aid Classes Update](#) – Due to the COVID-19 virus, CPR training courses will be shut down until further notice. If you have already registered and paid for a course, you will have priority booking for a date once we are operational again. Please continue to visit this website for updates. Additionally, [please click for a link to the memo from the American Heart Association](#) Download pdf, regarding the extension of your certification due date.
- [UB REC Intramural Sports Update](#) – Intramural Sports will be canceled for the rest of the semester. Please see the [UB IMLeagues](#) home page for more information.
- [UB REC Group Fitness Update](#) – Effective March 23, 2020, in accordance with the University at Buffalo COVID-19 situation and recommendations, all Group Fitness, SGT and Wellness classes are cancelled for the remainder of the spring semester. UBRec with UB is taking proactive and prudent measures to ensure the health and safety of all UB community in accordance with the guidance provided by the Centers of Disease Control and Prevention (CDC).
- [UB REC Academic Courses Update](#) – Distance Learning Plan. Effective March 23, 2020, in accordance with the University distance-learning directive, all academic REC courses will be instructed through a distance-learning model with the exception of REC 122 and REC 126 which have lab components. Updated course syllabi, assignments and deadlines will be available on UBLeans under Course Information for all REC courses.

**STAY HEALTHY.
STAY HOME.**

healthy habits >>>



Make It Hard for Viruses to Spread

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash; or cough or sneeze into your upper sleeve, not your hands.
- Clean and disinfect frequently touched objects and surfaces within your normal surroundings.
- Check with your healthcare provider whether obtaining the annual flu vaccine is advisable for you.
- Stay home if you are sick or have flu-like symptoms.

<<< tweet, follow, like

Stay Connected with Us on Social Media

Before COVID-19, people kind of disregarded the personal space of others. (Raise your hands, close-talkers and sidlers.) Now that social distancing etiquette is in full effect, we've all had to become even more mindful of the six-foot rule. And in instances where people are infected, isolation and quarantine have become the new normal.

On top of that, a growing number of states have implemented stay-at-home orders in a further effort to slow the spread of coronavirus. The order's name pretty much indicates what we should do — stay home unless you're an essential worker or you need to go out for healthcare services or household necessities.

If you're not a homebody by nature, you're going to have to find a way to make this essential routine more bearable and comfortable. One way of doing so is by keeping the lines of communication open with your family and friends. By remaining social during times of uncertainty, we can maintain some control in our lives. Check in regularly with friends and family through social media.

It's evident that social media has become a lifeline for many of us. You've probably noticed that people who swore off Facebook are now more active than ever. What's cool is that we're starting to use social platforms in more creative and genuine ways. From dance classes to DJ sets, live storytime sessions to virtual tours, we're discovering unique ways to stay connected and engaged.

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