



# ALLIANCE HOCKEY

STATEMENT REGARDING H1N1

October 29, 2009

STRATFORD (October 29, 2009) – The ALLIANCE Hockey Representative Council has developed a three level approach to dealing with the H1N1 virus:

1. Educate all participants and parents about the virus
2. Preventive Measures – Precautions that should be taken
3. Game protocol to prevent the spread of the virus for all Referees, Coaches and Players

On September 9, 2009, ALLIANCE Hockey issued a bulletin outlining the recommended steps for Associations and Teams to prevent the spread of the virus as issued by Dr. Mark Aubry, Chief Medical Officer of Hockey Canada.

ALLIANCE Hockey has re-issued those recommendations.

Team Staff need to emphasize to players and parents the need for total cooperation in all aspects concerning hygiene but specifically to the prevention of the transmission of the H1N1 virus. The following are recommended steps to follow within a team environment:

1. Players should be urged to report all illnesses to their parents and the team Trainer. **Parents are urged to keep their children away from the hockey environment if they are showing any signs of infectious disease or virus. Sick players are encouraged to see their physician if showing signs or symptoms of the H1N1 virus, and to be fully recovered prior to returning to play.**
2. Players should be encouraged to wash hands routinely and always after handling hockey equipment. Frequent hand washing with soap and water is one of the best preventions we can recommend. Teams are encouraged to carry extra hand soap or hand sanitizer as not all arenas have this readily available.
3. Talk to your players about covering their mouths and nose when coughing or sneezing using their arm as opposed to their hands.
4. Advise players to try not to touch their own mouth or nose when in the hockey environment to reduce the chance of them passing an infection on to themselves. If a player's mouth guard becomes dislodged during the game it is the player's responsibility to retrieve and thoroughly clean before the next playing shift.
5. Ensure all players and Staff have **their own water bottles labeled with names and/or player numbers.** The sharing of Sport drink bottles should be avoided as direct lip contact is possible when drinking.
6. Officials, Coaches and Referees should avoid drinking from Player, Coach or other Referee water bottles and have water readily available to them on their respective benches.
7. Towels should be removed from all benches. Players should not share towels, clothing, bar soap or other personal items such as razors. Players may want to consider bringing two towels; one for cleaning their particular area in the dressing room and the other for hygiene.
8. Assist athletes in protecting their immune system by stressing that they get sufficient sleep, that they do not over train and that they get proper nutrition.

Attached to this Bulletin you will find important information on the H1N1 virus. We suggest distributing this to your team's Staff and parents for their information.





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ALLIANCE Hockey will continue to monitor any and all recommendations being issued by Public Health agencies and will adopt any appropriate recommendations they may make in the future.

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