

MEMO

TO: All HNS Members, MHA's, Leagues, Teams, Councils and Board

FROM: Lauchie MacIsaac, chair Risk Management, Hockey Nova Scotia

DATE: 02/10/2009

RE: Hockey Nova Scotia Policy re: H1N1 for 2009-2010 season

Hockey Nova Scotia Policy re: H1N1 for 2009-2010 season.

Regarding the prevention and spread of the H1N1 virus, Hockey Nova Scotia encourages all teams to follow the guidelines and recommendations of both the Nova Scotia Department of Health Promotion and Protection and Hockey Canada in the attached documents. The single most important factor in prevention of the infection and spread of the H1N1 virus is proper hygiene.

Proper Hygiene, A Shared Responsibility

Players are advised to report all illnesses to their parents and the Safety Person/Trainer. Parents are urged to keep their children away from the hockey environment if they are showing any signs of any 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.

Players should 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.

Parents, coaches and trainers should talk to players about covering their mouths and nose when coughing or sneezing using their arm as opposed to their hands and advise players to try and not touch their own mouths or nose when in the hockey environment to reduce the chance of them passing an infection on to themselves.

All players and staff should have their own water bottles labelled with names and players numbers.

Towels should be removed from all benches. Players should not share towels, clothing, bar soap or other personal items such as razors.

Coaches and parents must work together to assist athletes in protecting their immune system by stressing they get sufficient sleep, that they do not over train and that they get proper nutrition.

Hockey Nova Scotia Policy re: H1N1 for 2009-2010 season. (con't)

Hand Shaking

Please be advised that Hockey Nova Scotia will continue with the present policy of Minor Hockey Teams shaking hands at the completion of all games. As per the September 11, 2009 bulletin from the Province of Nova Scotia, Department of Health Promotion and Protection, which states;

“It is not necessary to cancel any events, games or trips. It’s also not necessary to advise players not to shake hands at the end of a game. All normal practices are safe, as long as proper hygiene procedures are followed.”

Hockey Nova Scotia stresses that the key to preventing infection and spreading of the H1N1 virus is proper hygiene. This is a shared responsibility of parents, coaches, trainers and the players. Particular attention should be paid to educating younger players and assisting them with developing and implementing proper hygiene.

*Please note that Hockey Nova Scotia supports the use of alternative hand shaking methods in place of the traditional gloves off method. Tapping gloves, lining up along the two blue lines and saluting by raising the stick and many other options are available that would maintain good sportsmanship. Please ensure that if you are using alternatives, that they are properly monitored and it is expressed that this needs to be as respectful as the traditional hand shake.

Please distribute these documents to all coaches and managers and request they distribute to all players and parents, as well as posting on your websites where available.

Please do not hesitate to contact the Hockey Nova Scotia Office if you have any further questions. Your cooperation in getting this very important information out is greatly appreciated.

Regards,

Lauchie MacIsaac
Chair, Risk Management
HOCKEY NOVA SCOTIA
www.hockeynovascotia.ca