



What can I do to protect myself from H1N1 Influenza (Swine Flu) infection?

1. Players are urged to report all illnesses to their parents and the team's coach, safety person/trainer.
2. Players are 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. ***Wash hands often with soap and warm water for at least 20 seconds, or use hand sanitizer.***
3. Use your arm when covering your mouths and nose when coughing or sneezing as opposed to your hands. If you use a tissue, dispose of it as soon as possible and wash your hands.
4. Try and not touch your own mouth or nose when in the hockey environment to reduce the chance of passing an infection to yourself.
5. You should have your own water bottle labeled with your name and players number. Sport drink bottles ***should be avoided*** as direct lip contact is possible when drinking.
6. Do not share equipment or jerseys with other players who have forgotten their own.
7. Officials and coaches should not drink from players' water bottles and have water readily available to them on their respective benches.
8. Towels are to be removed from all benches. Players should not share towels, clothing, bar soap or other personal items such as razors.
9. Dispose of all trash, cups etc in dressing rooms to avoid easy transmission of the virus. ***KEEP DRESSING ROOMS CLEAN.***
10. ***Players are to keep their hockey gloves on for the Post Game Handshake and tap gloves.***
11. Players should protect their immune system by getting sufficient sleep, do not over train and get proper nutrition.