



H1N1 Information for Parents, Coaches and Rink Staff

Consistent with seasonal flu, transmission of the pandemic (H1N1) influenza virus from person to person is most likely during the initial days of infection.

Parents and coaches should be aware that children remain contagious longer than adults - as long as 10 days - and make that a consideration when allowing even a non-symptomatic child back into play. It may be a good idea to give your children a tiny bottle of hand sanitizer and persistently remind them to use it.

This pandemic (H1N1) 2009 influenza virus is spread from person to person in the same way as seasonal influenza where transmission occurs predominantly through coughing or sneezing. Indirect transmission can also occur through self-inoculation after contact with surfaces and objects contaminated with the virus from infected persons.

Therefore it is very important not to have players sharing equipment, water bottles etc.

Influenza viruses can survive on some surfaces for several hours to days but are rapidly destroyed by cleaning. Cleaning of objects and surfaces that are frequently touched by others such as doorknobs and faucet handles will help to prevent the transmission of the influenza virus from person to person through contaminated hands.

It is recommended that high touch surfaces (eg dressing room door knobs) be cleaned at least twice daily. No special disinfectants or waste handling practices are required for influenza; regular household or commercially available cleaning products are sufficient for this purpose, and waste handling would be according to usual standards.

Parents are urged to keep their children away from the hockey environment if they are showing any signs of typical flu symptoms: headache, sore throat, or fever. Most illness due to H1N1 is mild but some people will get quite sick and players are encouraged to be brought to their physician if there is any concern and to be fully recovered prior to returning to play.

Teams are encouraged to carry extra hand soap or hand sanitizer as not all arenas have this readily available.

Parents and coaches are encouraged to keep the rink bleachers, common areas and dressing rooms tidy. It is important we all pick up after each other and use the many refuse containers available in the arenas.