

Memorandum

20 Oct 2009

Distribution list

CMHA H1N1 PREVENTION POLICY

1. Find below a list of preventative and protective measures being imposed for all participants involve in Minor Hockey within Carberry. I recommend that any team or official that is participating outside of the Carberry check with local associations for their policies in regards to the H1N1.
2. Effective on receipt of this memo the following guidelines and policies will be in affect:
 - a. Post Game hand shakes will no longer take place. In lieu of this players will do a **waist-high, glove-on fist bump**, this will maintain the tradition of demonstrating respect and sportsmanship.
 - b. Referees will no longer do the pre-game handshake with coaching staff, ref's will still be required to introduce themselves and engage staff prior to the start of every game. Referees will also be required to reinforce this policy until it becomes common practice.
 - c. Coaches, trainers and managers will instruct all players to bring their own water bottles and advise players on the hazards of sharing water bottles.
 - d. Teams and players will be encouraged to maintain a higher standard of hygiene and increase the frequency of hand sanitation. It is suggested that teams and players bring individual **Hand Sanitizer** as part of their standard hockey kit.
 - e. Coaches, managers and parents are encouraged to speak to all players and advise them on the recommended ways of coughing/sneezing. If you are unsure, this information can be obtained through your local health care provider or on the Internet.
 - f. The most important aspect in the prevention of the H1N1 is, if you are sick please remain at home, do not come to the rink or travel to other communities.
3. Carberry Minor Hockey would like to thank you in advance for your cooperation in ensuring our community remains a healthy place to work and play.

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