



MEMO

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To: Hockey PEI Members
From: Gordie Whitlock
Date: October 27, 2009
Re: **NEW** - Handshaking Policy

As a result of the heightened awareness surrounding the spread of the H1N1 virus, Hockey PEI reminds its members of the recommended steps that have been provided by Hockey Canada. These eight recommendations are set out on the following page.

Hockey PEI emphasizes to team officials and parents that if a player is showing any signs or symptoms of the H1N1 virus, then all reasonable and necessary precautions should be taken regarding such a player, to reduce the chance of spreading the virus, before that player returns to the team environment.

Furthermore, effective immediately, Hockey PEI has instituted a Handshaking Policy for the 2009-2010 season.

HANDSHAKE POLICY – EFFECTIVE IMMEDIATELY 2009-2010 Season

Please be advised that, **effective immediately**, for teams in Hockey PEI sanctioned games, leagues, tournaments and events where the players traditionally shake hands at the end of the game, the following procedure is to be followed for the post-game handshake : **Players are to keep their hockey gloves on for the post game handshake and tap gloves.** Teams are reminded that on-ice officials do have the authority to prohibit handshakes at the end of a game, should the situation warrant.

Instead of shaking hands with team officials at the beginning of the game as part of the Respect in Sport initiative, on-ice officials will now verbally greet those team officials at the bench.

Minor hockey associations and teams should emphasize with their players, parents and team officials the importance of following the recommended steps provided by Hockey Canada in dealing with the H1N1 Virus. Those recommendations follow this bulletin.

Yours in Hockey,

Gordie Whitlock
President
Hockey PEI



Hockey Canada - H1N1 Virus – Recommended Steps for all Associations and Teams
From Dr. Mark Aubry, Chief Medical Officer, Hockey Canada

1. Players should be urged 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 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 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.
5. Ensure all players and staff have **their own water bottles labeled with names and players numbers**. Sport drink bottles should be avoided as direct lip contact is possible when drinking.
6. Officials and coaches should avoid drinking from other players water bottles and have water readily available to them on their perspective benches.
7. Towels should be removed from all benches. Players should not share towels, clothing, bar soap or other personal items such as razors.
8. 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.

You may find additional information on the Health Canada website at <http://www.hc-sc.gc.ca/index-eng.php>, or PEI Government site at <http://www.gov.pe.ca/flu/>.

