



## **ONTARIO WOMEN'S HOCKEY ASSOCIATION**

### **H1N1 -IMPORTANT BULLETIN**

**Tuesday, October 20, 2009**

### **OWHA HANDSHAKE POLICY – EFFECTIVE IMMEDIATELY**

#### **OWHA POST GAME HANDSHAKE POLICY – PROCEDURE 2009/2010 Due to H1N1**

It is the policy of the OWHA that teams shake hands immediately following each game. This policy is consistent with the OWHA Values.

Teams are reminded that on-ice officials do have the authority to prohibit the handshake. We do hope this will not be necessary.

From time to time, a situation may arise where individual team members and/or the entire team should take precautions. Please be advised that, effective immediately, the following procedure is to be followed for the post-game handshake in OWHA sanctioned games.

**OWHA PROCEDURE FOR 2009-2010: Players are to keep their hockey gloves on for the Post Game Handshake and tap gloves.**

#### **OWHA PROCEDURE 2009/2010 - HOCKEY CANADA FAIR PLAY POLICY**

Please note the following from the front of the Hockey Canada Official Playing Rules:

As a result of Hockey Canada's focus on fair play and improved communication between officials, coaches and players, Hockey Canada has implemented the following process:

“In all games, the official shall approach each bench and meet the Coaches. This process should not take more than 15 seconds and will be completed prior to the game, at the end of the pre-game warm-up. Officials are encouraged to shake hands with the Captains where possible.”

This process is approved by the Coaching Program and Hockey Canada Board of Directors.

**OWHA PROCEDURE FOR 2009-2010: The Coaches, Captains and Officials shall greet each other without the hand shake.**

## H1N1 VIRUS

### **September 9, 2009 - Bulletin from Dr. Mark Aubry, Chief Medical Officer, Hockey Canada H1N1 Virus – Recommended Steps for all Associations and Teams**

There is presently much speculation as to the impact that the H1N1 virus will have on Canadians over the next few months. Organizations have been urged to stress to their members steps that should be taken to prevent the spread of the virus, and to have plans in place to alleviate any hardships that may come of the spread of H1N1.

Hockey Canada has for many years had specific steps in place to reduce the spread of any infection in the hockey environment and we urge you to remind your teams of the following.

Team staff need to emphasize to players and parents the need for total cooperation in all aspects concerning hygiene, but specifically to the prevention of the transmission of the H1N1 virus. The following are recommended steps within the team environment:

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 will find important information on the OWHA Web Site at [www.owha.on.ca](http://www.owha.on.ca) .that we suggest distributing to your team's staff and parents for their information.

You may find additional information on the Health Canada website at <http://www.hc-sc.gc.ca/index-eng.php>

You may find additional information on the Ontario Ministry of Health and Long-Term Care website at <http://www.health.gov.on.ca/en/ccom/flu/>

Yours in Hockey Safety  
Board of Directors  
Ontario Women's Hockey Association