



Credit Valley Wolves

Minor Hockey Association

Wednesday, October 28, 2009

To: All Players and Parents

Given the heightened concerns this flu season, we have elected to take a proactive approach we hope will assist in keeping everyone healthy. In addition to the standard recommendations provided by Health Canada and the MHL, the following is a list of precautions we would ask be shared amongst your family and followed by every member of the team:

- 1) Please keep your child away from all hockey activities if they are showing any sign of illness.
- 2) If your child has been ill, please ensure they are fully recovered prior to returning to play.
- 3) Encourage players to wash their hands routinely and always after handling hockey equipment. Teams are encouraged to carry extra hand soap, hand sanitizer, and disinfectant wipes for use in change rooms as necessary.
- 4) Ensure all players and staff have, and make use of, their own water bottles labeled with their names and player numbers.
- 5) If possible, mouth guards should remain in the players' mouth while on the bench. After removing or inserting a mouth guard, encourage the player to use hand sanitizer.
- 6) Towels should be removed from all benches, and players should not share towels.
- 7) We ask that only one parent accompany their child while dressing for a game or practice. We also ask that siblings of the players not enter the change rooms. If you are concerned about your other child's supervision while you are helping to dress a team member, we suggest that another parent may be available to provide some temporary supervision outside of the change room.

We appreciate your cooperation and welcome your input and any concerns you may have.

Additional resources may be found via:

- The Health Canada web site (<http://www.hc-sc.gc.ca/index-eng.php>)
- The MHL web site (<http://www.hockey.on.ca>)

Thank you,

Robert Day
President
Credit Valley Wolves Minor Hockey Association