

Memorandum

October 20, 2009

To: Saskatchewan Ringette Associations

From: Crystal Gellner, Executive Director

RE: H1N1 Virus Best Practices

I have received some inquiries in regards to best practices to safeguard against the spread of the H1N1 (Swine Flu) Virus. This memo gives a brief overview of practices and references readers to government health agencies taking the lead in this area.

Upon consultation with experts in epidemiology it has become clear that Ringette's reaction to H1N1 is best comprised entirely of the same hygiene best practices that we have always encouraged. These practices include:

- Frequent and thorough handwashing;
- Hand shaking: keep gloves on
- Prohibiting the sharing of water bottles, and ensuring this by clearly marking every water bottle with the athlete/coach/officials' name;
- Strongly advising participants to stay home when they are sick; and
- Advising all participants to cough or sneeze into the crook of the elbow rather than into their hands.

As is noted above, all of these measures are good practice at any time and in any situation and should be continued regardless of the progress of this or any other virus.

We strongly encourage all of our local associations to develop a Plan of Action should large numbers of athletes/coaches/officials come down with the illness.

For more information, please refer you to the key federal government website for this area:

www.fightflu.ca