



Alberta Schools' Athletic Association
11759 Groat Rd, Edmonton AB 780-427-8182

H1N1 Risk Management Protocol for Coaches

It is recommended that all school athletic teams implement a protocol that is exercised by all teams participating in school athletic activities this fall. Please refer to the ASAA memo dated October 29, 2009 for detailed information on Pandemic (H1N1) 2009 including signs and symptoms of the illness: www.asaa.ca . (The following information is adapted from Hockey Canada Guidelines developed by Dr. Mark Aubry, Chief Medical Officer, Hockey Canada):

Recommendations for coaches of school athletic teams:

- Prevent the sharing of bottles among players: put numbers or player names on bottles
- Do NOT allow sharing of towels, clothing, bar soap and other personal items like razors
- Advocate frequent hand-washing and coughing into arm or sleeve
- Carry hand sanitizer (60-90% alcohol, if approved by your school board) to tournaments and inform athletes on most effective way to use hand sanitizers for maximum benefit: Click [here](#) for proper hand sanitization techniques
- Talk with players and parents about why it is important to keep sick players at home
- Monitor their players and immediately send home those who obviously display any flu-like symptoms
- Advise infected players or coaches/managers to avoid close contact with others (on team) for at least seven days after symptoms appear
- Promote "hands-off-the-face" protocol at all times
- Assist athletes in protecting their immune system by stressing they get sufficient sleep, do not over train and get proper nutrition

Respect and Sportsmanship (avoiding physical contact):

The ASAA would still like to encourage coaches to utilize every opportunity to allow their athletes to show respect for opponents and referees. However until the threat of H1N1 has abated (based on Alberta Health Services advisories), the recommended procedure to be used at ASAA Provincial Championships is as follows:

Pre-game: recommended for coaches and captains to greet referees and opposing coach/captain verbally

Post game: No handshakes. Recommended options:

- a) line up opposite other team; take turns implementing a hand clap for other team and referees
- OR**
- b) line up and walk past other team/referees as you would normally do, clapping as you walk by

Post Game Hygiene: immediate hand washing or hand sanitization recommended