



**Edmonton Youth
Basketball Association**

H1N1 Virus Information

Coaches, Managers and Parents,

There have been a number of confirmed cases of H1N1 (human swine influenza) in Alberta.

H1N1 (human swine influenza) is a respiratory illness that causes symptoms similar to those of regular human seasonal influenza. The virus is contagious to humans and it is believed to be spread by germs that are released into the air by coughs and sneezing and then breathed in by others. In addition, germs resting on hard surfaces such as counters and doorknobs are easily transmitted to the lungs by an individual touching a contaminated surface and then touching their mouth or nose.

Typical symptoms include (but are not limited to):

- Cough
- Fever/Chills
- Fatigue
- Sore throat
- Body aches/Headache
- Vomiting and Diarrhea (in children under 5 years of age)

The best prevention against H1N1 (human swine influenza) is to:

- Wash your hands thoroughly with soap and warm water, or use alcohol based hand sanitizer
- Cough and sneeze into your arm or sleeve
- Stay home if you are sick
- If your symptoms worsen, visit your doctor or walk in clinic
- Do not share drinking glasses, water bottles, mouth guards or eating utensils
- Avoid touching your eyes, nose and mouth unless you have just washed your hands

The Public Health Agency of Canada does not recommend that masks be worn. It has been demonstrated that wearing masks in public does little to prevent the communication of the virus as people often wear them incorrectly and contaminate them when taking them on and off.

It is recommended that players/coaches/assistants carry personal size bottles of hand sanitizer with them for all practices and games

If any one on your team has influenza-like symptoms or has been in contact with someone who has H1N1 (human swine influenza), it is important to avoid close contact with others for at least seven days after your symptoms start. We feel that this is the joint responsibility of both the parent and the coaches. It is critical to the health and safety of others as this is the time when the illness can be spread to others. Players who display symptoms should be sent home immediately from practice and not allowed to play in the games. Then have parents carefully monitor all other players for symptoms. Until symptoms appear in other individuals, activities should carry on as per usual.

Should it be confirmed that one of your players/coaching staff does have the H1N1 virus please inform the EYBA office as soon as possible.

EYBA encourages all its community directors and their Coaches to be vigilant and take steps to ensure the health and wellbeing of their players. Specifically, **Coaches / team managers are strongly encouraged to:**

- Prevent the sharing of bottles among players
- Talk with players and parents on their team about the risks involved and the steps to prevent contagion, including keeping sick players at home
- Monitor their players and immediately send home those who obviously display the flu-like symptoms. Infected players or Coaches/Managers should avoid close contact with others (on the team) for at least seven days after symptoms start
- Have on hand bottles of hand sanitizer, or encourage their players to do the same

Due to the potential spread of the H1N1 virus, we are recommending that players **no longer shake hands at the end of each game**. Our normal tradition is that each team gives three cheers (hip-hip- hooray) and then line-up and shake the hands of the opposing team. However, for the safety of the players, we advise that teams only give the “three cheers” and clap for their opposing team.

A WORD ABOUT HOW WE WILL HANDLE EXISTING RULES WITHIN EYBA DUE TO THE H1N1 PANDEMIC

- Coaches, it is imperative that you inform us as soon as possible if you will have to forfeit a game due to players missing as a result of the virus. This way, we will not require you to pay the forfeit fee. However, if referees have been scheduled to referee your game, you will have to pay the referee fees for both teams.
- Coaches / Community directors, if you will be short players due to the H1N1 virus, we will allow flexibility with the move up rule. Currently there are limits to the number of players that can move up, the number of times a player can move up, and the skill level of players that move up. EYBA will relax those rules, but only in cases where the shortage of players are due to the H1N1 virus (not due to players being on holiday, or players playing for their school teams).
- Community directors, should a school close down due to cases of the H1N1, we will inform you as soon as possible. There is a strong chance that if a school was to shut down due to the virus, they would also NOT allow any after hours activities to be conducted on the grounds.
- Community directors, EYBA will also be flexible with regards to sanctions that we would normally impose if a team has too many forfeits (loss of ability to play in playoffs, ineligibility for provincials, etc.) due to the H1N1 virus.
- In short, if you are having a challenge with playing a game due to players, coaches, or parents having contracted the H1N1 virus, please inform Shaun Pope as soon as possible so that we may work to adjust schedules and gyms to attempt to accommodate your situation.