

HELP REDUCE THE SPREAD OF COVID-19



follow the advice of your **local public health authority**



wash your hands often with soap & water for at least 20 seconds



use an **alcohol-based hand sanitizer** containing at least 60% alcohol if soap & water are not available



try not to touch your eyes, nose or mouth



avoid close contact with people who are sick and practice physical distancing



cough and sneeze into your sleeve and not your hands



when leaving the house practice **physical-distancing** (approximately 2 m)



RETURN to HOCKEY

COVID-19 RESPONSE

Information Card

Participant Information Card

Coach CONTACT INFORMATION

Name _____

Phone _____

Email _____

Hockey Association CONTACT INFORMATION

Name _____

Phone _____

Email _____

Safety Person/Trainer CONTACT INFORMATION

Name _____

Phone _____

Email _____

Hockey Canada Member CONTACT INFORMATION

Name _____

Phone _____

Email _____

Physician CONTACT INFORMATION

Name _____

Phone _____

Public Health Authority CONTACT INFORMATION

Local Phone _____

Provincial Phone _____