



USA Hockey is excited for the upcoming season. Sports participation promotes a healthy lifestyle through physical, social, emotional, and mental well-being. We want all our players, coaches, officials, parents and administrators to enjoy the game we all love by staying healthy.

USA Hockey recommends the following risk mitigation strategies for all stakeholders to prevent the spread of infectious diseases.

- USA Hockey's medical advisors support vaccination against viruses as recommended by your personal physician, including influenza and COVID.
Visit the following link for more information on vaccines: usahockey.com/playersafety
- Wash hands frequently, for at least 20 seconds with soap and water or use hand sanitizer with at least 60% alcohol
- Clean/disinfect equipment after each use
- Cough or sneeze into a tissue or the bend of your elbow, dispose of the tissue and wash/sanitize hands immediately
- Do not share water bottles, towels or other equipment. Mark them clearly so you know which one is yours
- **STAY HOME** if you are sick or have been exposed to an infected individual

HAVE FUN AND STAY HEALTHY!