



September 2009

News Mail from OSC

Yes, there is a 2nd issue of **News Mail form OSC!** Krista Short, who is a Registered Nurse, put together a few tips to follow as we approach this year's flu season. We also want to alert you to some changes in our practice schedule and remind you of the ongoing Fall Mums Fundraiser

Flu Prevention

As the skating season gets under way, so does the cold and flu season. OSC is committed to trying to prevent the spread of colds and flu, in particular the H1N1, otherwise known as the swine flu virus. The CDC recommends some very easy things that everyone can do to help prevent the spread of germs among our children. If we all follow the guidelines listed below, together we can help prevent the spread of the flu and colds.

- Please have your child wash their hands before and after getting on the ice. Washing your hands with soap and water, especially after you cough or sneeze can significantly reduce the spread of germs. There will be hand sanitizers available on the ice if needed during practice.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Tissues will be available during practice as well.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Mark water bottles with your names. Many of them look alike. Don't share water.
- Try to avoid close contact with sick people.
- If you are sick with fever and flu-like symptoms*, the CDC recommends that you stay home for at least 24 hours after your fever is gone. If you must come to practice, please sit in the hockey box to watch and avoid close contact with others.

* Flu like symptoms include: Fever (usually high), headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches, sore throat, vomiting and sometimes diarrhea.

If we all share these tips with our children, we can help prevent the spread of the flu this year and have healthy, productive season!

Krista Short, RN

Practice Times

Now that all the teams have been established the practice schedule had to be tweaked a bit. Both Saturday and Monday schedules are slightly different. Here is something for the refrigerator:

Monday - Pad A	
6:40 pm - 7:25 pm Preliminary	
7:25 pm - 8:40 pm Open Juv	
Tuesday - Pad A	
6:40 pm - 8:10 pm Intermediate	
Saturday - Pad A	Pad B
7:30 am - 9:00 am Intermediate	7:30 am - 8:15 am Open Juv
	8:15 am - 9:00 am Beginner-3
9:00 am - 9:30 am High Power	9:00 am - 9:30 am Low Power
9:30 am - 10:00 am Preliminary	9:30 am - 10:15 am Beginner-1

You can always check up-to-date practice schedules and exceptions to the normal schedule at www.oxfordskateclub.com.

Mum Fundraiser Going On Now!

Remember to call in or email your color-count for your mums order this Friday to Angela Meyers (angelameyers73@msn.com) by Friday (9/4). Final order forms are due a week later (9/11). Check <http://www.oxfordskateclub.com/fundraisers.htm> for more info.