



Canadian
Blood
Services

BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES



HOCKEY GIVES BLOOD

The Centre Wellington Minor Hockey Association is partnering with Hockey Gives Blood & Canadian Blood Services to bring awareness to the need for blood donations in our area.

How to get involved?

Plan a blood drive with your team!

- Team members – ask parents, friends or family to donate on your behalf. You have to be 17 to donate blood!
- Together, decide on the preferred time for your team to come in to the blood donor clinic
- Then we block off those spots for your team on that day so that everyone can come together and share in the experience.
- We provide a signup sheet and posters along with all sorts of helpful materials to share with those donating so that they have a great experience.
- Then everyone just shows up at the appointed time and let the life-saving begin!
- Team members – wear your jerseys, so we can take a great picture to show how your team is saving lives!

If the team is very young, we have a great spot in the back of the clinic to occupy them while parents donate – and we can bring them next to mom & dad for a picture when the time is right.

Fergus Blood Donor Clinic (SportPlex) - Tuesday December 24th 9:00am-2:00pm

Contact tara.gutscher@blood.ca to book your team in to donate blood!



What is Hockey Gives Blood (HGB)?

HGB is a way for hockey teams to have a positive impact on the health and wellness of communities. The campaign was born out of two tragic events - the Humboldt Broncos accident (April 6) and the death of Stu Middleton's father (2000) when he was driving to his junior hockey game. Stu was 18 at the time, away from home and away from his family when he got the news. It was his team who supported him and through that experience, he gained a greater appreciation for the team culture and how supportive the hockey community is.

HGB believes that every team, league and player can make a lasting difference – even minor hockey teams in small towns.

Currently over 40 teams across the country support HGB and the list is growing each week. So far, 3 NHL teams, 18 CHL teams, & 9 CJHL teams support HGB. Support is expanding to Junior B, the ECHL, minor hockey and University hockey teams.

www.hockeygivesblood.ca

To get started, share the links below with the team via email as it's always good to poll potential donors to review their eligibility before confirming their participation.

- ◆ to help determine if you are able to donate take the [Eligibility Quiz](#) as a first step
- ◆ to review recent eligibility changes (like the exciting reduction in wait times after a tattoo/piercing, click here: [recent changes](#))
- ◆ if you have specific questions and want to look something up, visit the [ABC's of Eligibility](#) or call 1 888 2 DONATE
- ◆ Here is a run-down of the [donation process](#)

Facts and stats

- 1 in 2 Canadians will either need blood or know someone who will at some point in their lives.
- Since blood products have a limited shelf life, demand is constant.
- Across Canada every week, Canadian Blood Services must on average collect 16,000 units of blood.
- All donors are encouraged to get involved, in particular donors with Type O blood.
 - As the universal donor, O-negative blood is always in need. O-negative blood is the only type compatible with all other blood types.
 - O-negative blood is used in the most critical situations: for neonates; patients with compromised immune systems; and for trauma victims.
 - When seconds count, someone's life is on the line, and there's no time to check blood type, hospital patients in an emergency situation can all receive O-negative blood.
- With a permanent donor centre in Barrie at 231 Bayview Drive with open appointments throughout the week, it's easy to book an appointment, check your eligibility, and more, by using the Give Blood app, calling 1-888-2-DONATE (1 888 236-6283) or visiting blood.ca.
- Over 100,000 new donors are needed each year in Canada.