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## **1.0 PURPOSE OF THE PROGRAM**

The Hockey Trainers Certification Program is a risk management and safety education program for the volunteer Hockey Trainer on all minor, junior, female and senior hockey teams. The goal of the program is to have you, the Hockey Trainer, ensure safety is your primary responsibility and first priority during all hockey related activities, both on and off the ice.

All Hockey Trainers should utilize a proactive, preventative approach to safety while being prepared to react in the event of accidents, injuries or medical emergencies.

### **1.1 Hockey Trainer's Responsibilities**

As a Hockey Trainer and team official you must play a leadership role in implementing effective risk management programs with your own teams, enhancing the safety of players and all involved in amateur hockey.

The following are some responsibilities that the Hockey Trainer should assume:

- Implement an effective Risk Management program with your team that strives to prevent injuries and accidents before they happen.
- Assume a proactive role in identifying and minimizing or eliminating risks during all activities, and if ever in doubt, always err on the side of caution.
- Promote and reflect the values of Fair Play and strive to instill these values in all participants and others involved in amateur hockey.
- Ensure that all players are provided with meaningful opportunities and enjoyable experiences free from physical and/or emotional maltreatment.
- Conduct regular checks of players' equipment to ensure proper fit, protective quality and maintenance, and advise players and parents regarding the selection or replacement of equipment.
- Promote proper conditioning, warm-up, and cool down techniques as effective methods of injury prevention.
- Maintain accurate medical information files on all players and team officials and bring these to all team activities.
- Maintain a Player Injury Log.
- Maintain a fully stocked First Aid Kit and bring it to all team activities.
- Implement an effective Emergency Action Plan with your team and practice it regularly to ensure all involved understand their roles and are prepared to act promptly when an incident occurs.
- Recognize life-threatening and significant injuries, and be prepared to deal with serious injury.
- Manage minor injuries according to basic injury management principles and refer players to medical professionals when necessary.
- Recognize injuries that require a player to be removed from action. Refer players to medical professionals and coordinate return to play.
- Promote a healthy lifestyle with all hockey participants by being a good role model and by educating participants regarding hygiene, performance-enhancing substances, drug and alcohol abuse, nutrition and hydration.
- Facilitate communication with players, coaches, parents, physicians, therapists, paramedical personnel, officials and other volunteers regarding safety, injury prevention and player's health status.
- Act as a Hockey Trainer for both your team and your opponents if only one Hockey Trainer is present.