



Trainers Manual

Trainers Manual

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1. Hockey Trainers Responsibilities

As a hockey trainer your primary responsibility is to ensure that safety is the first priority at all times during all hockey related activities both on and off the ice. You must play a leadership role in enhancing the safety of players and all others involved with amateur hockey.

Some responsibilities that the hockey trainer should assume:

- Implementing an effective risk management program with your team which strives to prevent injuries and accidents before they happen
- Taking on a proactive role in identifying and minimizing or illuminating risks during all activities and if ever in doubt, airing on the side of caution
- Promoting and reflecting the values of Fair Play and instilling these values in all participants and others in amateur hockey
- Ensuring that all players are provided with meaningful opportunities and enjoyable experiences free from physical and/or emotional maltreatment
- Conducting regular checks of the players equipment to ensure proper fit, protective quality and maintenance and advising players and parents regarding the purchase of protective equipment
- Promoting proper conditioning and warm up techniques as effective methods of injury prevention
- Maintaining accurate medical history files on all players and bringing these to all games and practices
- Maintaining a fully stocked First Aid Kit and bringing it to all games and practices
- Implementing an effective Emergency Action Plan with your team and practicing it regularly to ensure all involved understand their roles
- Recognizing life threatening and significant injuries
- Managing minor injuries according to basic injury management principles and referring players to medical professionals when necessary
- Recognizing injuries which require a player to be removed from action, referring to medical professionals and coordinating return to play
- Promoting a healthy lifestyle with all hockey participants by being a good role model while educating participants regarding hygiene, performance-enhancing substances, drug and alcohol abuse, nutrition and hydration

- Facilitating communication with players, coaches, physicians, therapists, paramedical personnel, parents, officials and other volunteers regarding safety, injury prevention and players health status
- Acting as a hockey trainer for both your team and your opponent's team if only one hockey trainer is present

Hockey Trainers Certification Program

2. Emergency Action Plan for Hockey

Person in Charge

- Most qualified person available with training in first aid and emergency control.
- Familiarize yourself with arena emergency equipment
- Take control of an emergency situation until a medical authority arrives
- Assess injury status of player

Call Person

- Location of emergency telephone
- Have a list of emergency telephone numbers
- Know the directions to arena
- Know the best route in and out of arena for ambulance crew
- Communicate with Charge person and Control person

Control Person

- Ensure proper room for Charge Person and Ambulance crew
- Discuss emergencies plan with:
 - Arena staff
 - Officials
 - Opponents
- Ensure that the route for the ambulance crew is clear and available
- Seek highly trained medical personnel (i.e., MD, nurse) if requested by Charge person
- Discuss players injury and status with parents

Emergency Telephone Numbers

- Emergency
- Ambulance
- Fire Department
- Hospital
- Police
- General
- Other

3. Trainer's Kit

Suggestions for your Trainer Kit include:

(Adapted from Halton Hills Minor Hockey Association)

1. First Aid Kit (provided by GCMHA)
2. Hard Copies of all players and Team Officials Medical Information Sheets
3. Emergency Action Plan (EAP)
4. Sharpening Stone
5. Small Repair Kit
6. Tape
7. Small clean towels
8. Ziploc bags (great of keeping ice, teeth, etc.) - Note: small frozen towel in a ziploc works great for wrapping around an injury.
9. Hand sanitizer and extra gloves (non latex)
10. Extra mouth guard and neck guard

https://haltonhillsminorhockey.com/Pages/3170/Trainers_Corner/

4. GCMHA Concussion Policy

Introduction

GCMHA has done extensive research to find the best program to manage concussions that are incurred by its players. We have determined, with the help of many professionals and the OMHA that baseline testing only is not an effective way to manage injuries to the head. GCMHA has partnered with Niagara Health and Rehabilitation Centre to go beyond traditional baseline testing and provide GCMHA players with a proper concussion treatment system.

NHRC is certified by CCMI (Complete Concussion Management Institute) who are the leaders in compiling up-to-date research on the ever-changing information on concussions. Please visit their site <https://completeconcussions.com/>.

Responsibility

According to recent legislation, all sports where contact is inevitable are strongly recommended to provide a) information on concussions and b) a concussion policy that goes beyond baseline testing.

ALL players above Peewee must choose either option below and register with NHRC or complete the required documents.

GCMHA has the following two options for parents' options:

OPTION #1: NHRC Concussion Management Program (STRONGLY RECOMMENDED)

- Managed completely at the clinic
- Includes baseline testing
- Covered by most health care benefit packages
- Reimburse for initial cost by GCMHA if not covered (up to \$45)
- NHRC provides National and US connections to diagnose concussions via CCMI network (ie away games/ tournaments)
- Return to Play is signed off by NHRC

Option #2: Parental Responsibility of Concussion Care

- Process is monitored by parent WITH health care professional
- Must follow steps outlined in package (ie Steps 1-10) and signed by parent and Health care professional (ie Doctor)
- Informed Refusal document must be signed by parent(s)
- Return to play is signed off by Health Care Professional (ie family doctor)
- No reimbursements from GCMHA for any costs incurred in this option.

ANY PLAYER SUSPECTED OF SUSTAINING A CONCUSSION MUST BE CLEARED TO PLAY BEFORE RETURNING TO THE ICE WITH THEIR TEAM. ALL RETURN TO PLAY DOCUMENTS MUST BE KEPT ON FILE WITH GCMHA

GCMHA Policy Manual

5. Resources

***Role of the Trainer (Hockey Trainers Certification Program)**

http://assets.ngin.com/attachments/document/0042/8123/htcp_trainers_responsibilities.pdf

***Emergency Action Plan (Hockey Trainers Certification Program)**

<http://assets.ngin.com/attachments/document/0042/8155/EAP-New.pdf>

***Trainer's Kit**

https://haltonhillsminorhockey.com/Pages/3170/Trainers_Corner/

***Medical Forms (Hockey Canada)**

https://az184419.vo.msecnd.net/hockey-canada/Hockey-Programs/Safety/Safety-Program/Downloads/player_med_info_e.pdf

***Return to play form (Hockey Trainers Certification Program)**

http://assets.ngin.com/attachments/document/0046/7092/HTCP2006-07ReturntoPlayForm_1_.pdf

***Injury report (Hockey Trainers Certification Program)**

http://assets.ngin.com/attachments/document/0046/7092/HTCP2006-07ReturntoPlayForm_1_.pdf