



CENTRAL YORK GIRLS HOCKEY ASSOCIATION

HOME OF THE

PANTHERS

Hockey Trainers Responsibilities (practice and games)

* Taken and amended from OWHHA Hockey Trainer's Responsibilities

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

Below are some responsibilities you should assume as a hockey trainer:

- 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, err on the side of caution
- Promote and reflect the values of fair play and strive to install these values in all participants and other 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 check 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 and up to date medical information files on all players and team staff and bring these to all team activities
- Maintain a player injury log
- Maintain a fully stocked first aid kit and bring to all team activities
- Implement an effective emergency action plan (EAP) with your team and practice is 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 player to medical professionals and coordinate their 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 opponents if only one hockey trainer is present
- Be present at all practices and games on the players bench so players, staff and parents know where to find you at all times and your response time to emergencies is minimized.

A good trainer will:

- Arrive at the rink early to ensure that the premises are safe by completing or referencing an EAP
- Follow up with players who have injuries
- Ensure that proper protocol for return to play is followed
- Initiate and oversee a proper warm-up and cool down of the players
- Attends to any identified equipment issues
- Constantly ensuring the trainer's kits are appropriately stocked and present at all practices and games
- Remain present on the player bench during practices and games to promptly attend to injuries and equipment issues
- Take a supportive and encouraging role with the players
- Immediately assesses and attends to the injuries
- Ensure that all injury management has been completed to the trainers level of training and proper next steps are discussed with the coaching staff, player and parents
- Establish and implement a proper nutritional regimen for post game food and fluid intake