

2.0 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.

The following are some responsibilities which 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 eliminating risks during all activities and if ever in doubt, erring on the side of caution.
- promoting and reflecting the values of Fair Play and instilling these values in all participants and others involved 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 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 players to medical professionals and co-ordinating 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 opponents if only one hockey trainer is present.