

## PROGRAM OVERVIEW

### LEVEL I/II COMBINATION CLINIC

To provide additional opportunities and options for our participants, the HTCP has developed the HTCP Level I/II Combination Clinic. This clinic format combines all the components of a Level I with Emergency (Plus)\* first aid training into a single day format. There are several advantages to this type of clinic format depending upon the area of the province.

- ▶ The clinics are more time and cost effective for the participant.
- ▶ The Participant receives sports specific first aid training in hockey.
- ▶ Trainers may choose to certify in the Level I only, certify in both Levels or, participate in the Level II first aid portion at a more convenient date.

### HOCKEY TRAINERS' CODE OF ETHICS

The Hockey Trainers Certification Program is dedicated to the ideals of safety, enjoyment, sportsmanship, education and honesty in the game of hockey. The program is intended to promote the highest standards of proper conduct and integrity in the field of hockey training.

The HTCP has identified several principles by which certified members are encouraged to practice.

- ▶ Should strive to enhance the safety of all hockey participants at all times.
- ▶ Use only those techniques that you are qualified to administer.
- ▶ Always err on the side of caution and never practice any behaviour that may ultimately harm a participant or worsen an injury.
- ▶ Never mislead or lie about your qualifications, education or professional affiliations.

### LEVEL III

The HTCP Level III is an advanced program, providing the participant the opportunity to enhance their skill and knowledge level. The course is open to trainers regardless of the age group they are currently working with. Participants must currently be a certified Level II trainer. Course length is 9 hours. Topics include:

- ▶ Practical, Team, Travel Nutrition
- ▶ Shoulder and Knee Injuries
- ▶ A Review of Head, Spinal and Severe Laceration Injuries
- ▶ Introduction to Athletic Taping Skills

**Clinic Length:** 9 Hours

**Re-certification:** Required every 3 years with a universal expiration date of August 31/Yr.

**Examination:** Take Home / 75% passing grade

- ▶ Strive to achieve the highest level of competence and continue to educate yourself to update and improve your skills.
- ▶ Strive to promote the values of Fair Play, integrity and friendship in hockey, and never condone, encourage, engage in or defend unsportsmanlike conduct, including the use of performance enhancing substances.
- ▶ Always put the player's best interest first and ensure that all players are treated with respect and integrity; free from any form of physical and/or emotional maltreatment.
- ▶ Never practice, condone, defend or permit discrimination on the basis of race, colour, sex, age, religion or ethnic origin.
- ▶ Respect all participant information as confidential. Such information shall not be disclosed to any person without the consent of the participant and their parents or guardians, except where required by law or in the event of an emergency.

### HTCP INFO LINE: (416) 426-7251

For more information on the HTCP or the availability of Clinics in your area, please contact the following HDCCO Member Associations



ALLIANCE  
71 Albert Street  
Stratford, Ontario  
N5A 3K2  
Website: [www.alliancehockey.com](http://www.alliancehockey.com)  
Tel (519) 273-7209  
Fax (519) 273-2114



GTHL - Greater Toronto Hockey League  
265 Rimrock Road, Unit 4  
Toronto, Ontario  
M3J 3C6  
Website: [www.gthlcanada.com](http://www.gthlcanada.com)  
Tel (416) 636-6845  
Fax (416) 636-2035



NOHA - Northern Ontario Hockey Association  
108 Lakeshore Drive  
North Bay, Ontario  
P1A 2A8  
Website: [www.noha.on.ca](http://www.noha.on.ca)  
Tel (705) 474-8851  
Fax (705) 474-6019



OHA - Ontario Hockey Association  
1425 Bishop Street, Unit 2  
Cambridge, Ontario  
N1R 6J9  
Website: [www.ohahockey.org](http://www.ohahockey.org)  
Tel (519) 622-2402  
Fax (519) 622-3550



OHL - Ontario Hockey League  
305 Milner Ave., Suite #200  
Scarborough, Ontario  
M1B 3V4  
Website: [www.ontariohockeyleague.com](http://www.ontariohockeyleague.com)  
Tel (416) 299-8700  
Fax (416) 299-8787



OMHA - Ontario Minor Hockey Association  
25 Brodie Drive, Unit 3 & 4  
Richmond Hill, Ontario  
L4B 3K7  
Website: [www.omha.net](http://www.omha.net)  
Tel (905) 780-6642  
Fax (905) 780-0344



OWHA - Ontario Women's Hockey Association  
5155 Spectrum Way, Building #3  
Mississauga, Ontario  
L4W 5A1  
Website: [www.owha.on.ca](http://www.owha.on.ca)  
Tel (905) 282-9980  
Fax (905) 282-9982



ODHA - Ottawa District Hockey Association  
1247 Kilborn Place, Suite 300  
Ottawa, Ontario  
K1H 6K9  
Website: [www.odha.com](http://www.odha.com)  
Tel (613) 224-7686  
Fax (613) 224-6079



ODMHA - Ottawa District Minor Hockey Assoc.  
1247 Kilborn Place, Suite 300  
Ottawa, Ontario  
K1H 6K9  
Website: [www.odmha.on.ca](http://www.odmha.on.ca)  
Tel (613) 224-3589  
Fax (613) 224-4625



HNO - Hockey Northwestern Ontario  
P.O. Box 27085, 600 E. Victoria Avenue  
Thunder Bay, Ontario  
P7C 5Y7  
Website: [www.hockeyhno.com](http://www.hockeyhno.com)  
Tel (807) 622-4792  
Fax (807) 623-0037



**ASSOCIATE MEMBERS**  
Ontario Hockey Federation  
[www.ohf.on.ca](http://www.ohf.on.ca)



Hockey Hall Of Fame  
[www.hhof.com](http://www.hhof.com)

# HOCKEY TRAINERS CERTIFICATION PROGRAM



## INFORMATION GUIDE



**HOCKEY DEVELOPMENT CENTRE ONTARIO**

1185 Eglinton Ave. East  
Suite 301  
North York, Ontario  
M3C 3C6  
Tel: (416) 426-7252  
1-888-843-4326  
Fax: (416) 426-7348

[www.hdco.on.ca](http://www.hdco.on.ca)



## INTRODUCTION

Hockey is the most popular sport in Canada. Each year over one million Canadians play in organized amateur leagues. Most of these individuals are children.

Due in part, to the high participation level, hockey is also one of the leading activities resulting in accidental injury.

With this in mind, the late Bob Firth, a staff member of the government sponsored Hockey Ontario Development Committee (HODC), initiated the Hockey Trainers Certification Program (HTCP) in 1980. With assistance of a Medical Advisory Board, a board of consultants and St. John Ambulance, the program was officially launched in November 1980.

During the next three years the program continued to grow and develop until the HODC was restructured in 1984 into two different organizations; the Hockey Development Centre for Ontario (HDCO) and Sports Medicine Ontario (SMO). The HTCP became the responsibility of Sports Medicine Ontario until April 1, 1985, when the responsibility for the program was transferred to the Hockey Development Centre for Ontario where it remains today.

The HDCO is comprised of representatives from the three Hockey Canada Ontario Branches and their Divisions. In 1985, one of these representatives, the Ontario Minor Hockey Association (OMHA), responded to the sudden increase in hockey injuries and proceeded to incorporate the HTCP into their development programs. They ruled that all OMHA registered trainers, or in the absence of a trainer, at least one member of the coaching staff must obtain trainer certification by October 1986. Subsequently, the Ottawa District Hockey Association (ODHA), and the Northern Ontario Hockey Association (NOHA) also required each carded team to have an HTCP certified trainer. Over the next several years, the Greater Toronto Hockey League (GTHL), Ontario Hockey Association (OHA), Ontario Women's Hockey Association (OWHA), Hockey Northwestern Ontario (HNO), and ALLIANCE have enacted rules mandating certified

trainers for their association teams.

In 1994, Hockey Canada implemented a National Trainers Program (HCSP) based on the HTCP model for the other provinces in Canada. Today, the HDCO and Hockey Canada work closely to provide education for trainers across the country. It is the goal of these two organizations to have trainers available for all teams in Canada regardless of age category.

## HOCKEY TRAINERS CERTIFICATION PROGRAM

Since 1984, the Hockey Development Centre has provided the HTCP to amateur hockey in Ontario. The HTCP is designed to educate people in the prevention, recognition and treatment of hockey related injuries. The HTCP offers three levels of certification, which are designed to assist the individual trainer as his or her experience grows. The HTCP averages 8,000 new certifications annually delivered by 80 dedicated instructors. Program content, administration and policies are established through the HDCO Trainers Committee and through consultation with Hockey Canada's Safety Program Committee.

## MISSION STATEMENT

The Hockey Trainers Certification Program will endeavour to provide the amateur hockey volunteer a simple, effective approach to the prevention and management of injuries in hockey, understanding risk management principles and the Speak Out program. The HTCP strives to be an educational program for the purpose of increasing communication, awareness, personal knowledge and as an end result enhancing a safe, positive environment with respect and encouragement for hockey volunteers and participants in Ontario.

## PROGRAM OVERVIEW

### LEVEL I

The HTCP Level I program is the introductory level of the program, which introduces the participant to the principles of injury and risk management.

Topics include:

- ▶ Hockey Trainer's Responsibilities
- ▶ Code of Ethics/Fair Play Codes
- ▶ Risk Management - Safety Requires Teamwork
- ▶ Medical Information Files and Injury Reporting
- ▶ First Aid Kit
- ▶ Bullying, Harassment and Abuse
- ▶ Protective Equipment and Hygiene
- ▶ Injury Prevention Techniques
- ▶ Emergency Action Plan
- ▶ Injury Management Principles
- ▶ Injury Recognition and Management
- ▶ Spinal Injuries and Concussions
- ▶ Injuries and Illness
- ▶ Removing Players from Action/Co-ordinating Return to Play
- ▶ Nutrition and Hydration
- ▶ Performance Enhancing Substances

There are two options available for the HTCP Level I program participant re-certification process.

Option 1: Participants may re-qualify by participating in a full HTCP Level 1 clinic every 3 years.

Option 2: Participants whose HTCP certification has expired on the most recently passed August 31st of any given year may re-qualify by participating in a 1/2 day HTCP Level I re-qualifying clinic. Note: The HTCP Level I 1/2 day Re-Qualifying Clinic program is optional; therefore implementation will be at the discretion of each HDCO Member Association.

**Clinic Length (Full Day):** 6.5 Hours

**Re-Certification:** Every 3 years

**Clinic Length (1/2 Day):** 4 Hours

**Re-Certification:** Full Day Level I at the end of 3 year period

**Universal Expiration Date:** August 31/Yr

**Examination:** In-class/75% passing grade

**No Equivalencies are permitted.**

### LEVEL II

The HTCP Level II program has been designed to be flexible with the participant in mind. This level has several avenues that the participant can choose from to obtain certification in the Level II program.

1. The minimum qualification for obtaining status as Level II certified trainer is a Standard or Emergency (Plus)\* First Aid card from a recognized first aid provider group. The first aid card must also be valid for the entire hockey season (September to April). Expiration dates will vary according to the guidelines established by the first aid provider.
2. The HTCP also recognizes those individuals who have certain medical qualifications. Those individuals having full accreditation in the following areas are able to apply for HTCP Level II status once they have successfully completed the Level I program: Medical Doctor, Registered Nurse, Occupational Health Nurse, Physical Therapist, Athletic Therapist (CATA C.), Ambulance Attendant, Paramedic, Chiropractor, Physiotherapist, Dentist, Registered Respiratory Therapist (RRT), Podiatrist and Military Medic (all qualifications must be licensed in Canada).

In all circumstances the individual must provide proof of qualification to the hockey association Technical Director for proper certification to be issued. In order to renew Level 2 status, proof of qualification is required by the expiration date.



\* Emergency (Plus) First Aid is a component of the HTCP Level I/II Combination Clinic.

