

## **1.0 PURPOSE OF THE PROGRAM**

**T**he Hockey Trainers Certification Program is a risk management and safety education program for the volunteer hockey trainer on minor, junior, female and senior hockey teams. The ultimate goal of the program is to have all hockey trainers implement effective risk management programs with their own teams, where safety is the first priority at all times, both on and off the ice. All hockey trainers should utilize a proactive, preventive approach to safety while being prepared to react in the event of accidents, injuries or medical emergencies.

By the end of this program, you will have a better understanding of,

- (1) Your role and responsibilities as a hockey trainer,**
- (2) The Program's Code of Ethics and your responsibility to promote the values of Fair Play,**
- (3) Your role in risk management, ensuring that all involved with your team understand their roles in using a proactive, preventive approach to safety at all times, during all hockey activities,**
- (4) Your duty to ensure that all participants are treated with respect and integrity – emotionally, socially, intellectually, physically, culturally and spiritually.**
- (5) The importance of protective equipment in the prevention of injuries,**
- (6) Effective injury prevention techniques,**
- (7) How to develop medical history files on all players,**
- (8) The essential items in maintaining a fully stocked First Aid Kit,**
- (9) How to implement effective emergency planning by utilizing the Emergency Action Plan,**
- (10) How to recognize significant and/or potentially life-threatening injuries,**
- (11) Basic injury management principles,**
- (12) How to recognize when an injury is serious enough to remove a player from action, and the process which must be followed to allow injured players to return to play.**