



TRAINERS INFORMATION

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Agenda

Item	Page
Welcome and Introductions	<u>1 - 2</u>
Trainer Responsibilities	<u>3 - 4</u>
Hockey Trainer Requirements <ul style="list-style-type: none">● HTCP● Criminal Checks● Respect in Sport/Speak Out	<u>5 - 6</u>
Pre-Season Team Meeting / Information <ul style="list-style-type: none">● General Information● Equipment Checks● First Aid Kits● Action Plans and Forms	<u>7 - 12</u>
Concussion Awareness <ul style="list-style-type: none">● Return to Play Process	<u>13 - 16</u>
Warm-Up & Cool-Down	<u>17 - 18</u>
MGHL Policies	<u>19</u>
Other Resources	<u>20</u>



Trainer Responsibilities

Per the Hockey Trainers Certification Program (HTCP):

- Implement an effective risk management program that strives to prevent injuries and accidents before they happen
- Assume a proactive role in identifying and minimizing or eliminating risks during all activities
- Ensure all players are free of physical and/or emotional maltreatment
- Conduct regular equipment checks
- Promote proper conditioning, warm-up, and cool-downs
- Maintain accurate player and team official medical information files and bring to all activities
- Maintain Player Injury Log



Trainer Responsibilities

Con't...

- Maintain fully stocked first aid kit and bring to all activities
- Implement effective Emergency Action Plan (EAP)
- Manage minor injuries
- Recognize and be prepared to deal with life threatening and significant injuries
- Recognize injuries which require a player to be removed from action and coordinate Return to Play
- Facilitate communication with players, coaches, and parents
- Act as hockey trainer for both your team and opponents if only one (1) trainer is present

You must be ON THE BENCH, not near it, with good visibility of the play

You are not an Assistant Coach, unless asked by your Head Coach to fulfill this role on the roster



Trainer Requirements

Hockey Trainers Certification Program (HTCP)

- Level I Certification (completed online) is mandatory for all new trainers
- Required to complete Level I Refresher Program BEFORE expiry of current Level I Certification (certification expires August 31 after 3 years)
- If certification has lapsed, required to complete full Level 1 Certification Program again
- Receive proof of course completion from HDCO with Trainer Certificate # and expiration date; forward a copy to the MGHL Registrar (registrar@mghl.ca)
- Submit Trainer Certification # to your Head Coach and Team Manager
- Submit proof of payment to the MGHL Treasurer (treasurer@mghl.ca) for reimbursement (indicate which team the Trainer belongs to)
- Link for courses: <https://htohockey.ca/>



Trainer Requirements

Con't...

Vulnerable Sector Check

(VSC; aka Police Checks)

- This is required for all Bench Staff, including Team Mom's
- **Peel** residents can go in-person to 11 Division (Erin Mills & Dundas); also open Saturdays
- If needed, download the **MGHL VSC Level 3 for Volunteers Letter** to submit with your application
- Any costs are the responsibility of the volunteer

Respect in Sport for Activity Leaders

- This is required for all Bench Staff, including Team Mom's
- Website owha.respectgroupinc.com is (must take the one for Activity Leaders, then select Ontario Woman's Hockey Association)
- Costs are reimbursed by the MGHL Treasurer upon receiving a receipt and completion certificate



Pre-Season Team Meeting

The following topics should be covered during the pre-season team meeting:

Topics

1. General Information
 - General Hygiene and Health Reminders
 - Electronic Device Usage
 - Equipment Check
 - First Aid Kit

2. Action Plans / Forms
 - Emergency Action Plan
 - Players' Medical Form
 - Player Injury Log
 - Hockey Canada Injury Reporting; **does not only apply to concussions, but to ALL INJURIES!**
 - Return to Play Form

3. Concussion Awareness
 - Return to Play Process

4. Warm-Up & Cool-Down



Hygiene & Device Usage

General Hygiene and Health Reminders

- Do not share personal items (e.g., hair brushes; elastics; etc.)
- **Do not share water bottles – BRING A WATER BOTTLE!**
- Washing hands
- Washing hockey undergarments, cleaning equipment / bags – Odor-Aid disinfectant spray is available for purchase through the MGHL Equipment Manager (equipment@mghl.ca)
- Report player illnesses and injuries sustained during other activities

Electronic Device Usage

- Electronic devices are **NOT permitted** in the dressing room (this includes players' phones)
- Acceptable to have one device, if being used to play music in the dressing room
- **NO PHOTOGRAPHS / RECORDING ALLOWED in the dressing room EVER (by players or team staff)**



Equipment Checks

Regular equipment checks should be performed:

- Three (3) times throughout the season is a guideline (once prior to season start, and every 2 - 3 months following)
- Equipment should fit snug and like a puzzle (not sliding or loose) and should cover most of the body (do not want wide gaps between pieces) – every piece should touch the next piece
- OWHA website lists required equipment
- Links:
 - Guide to Hockey Equipment:
https://mghl.ca/Public/Documents/EquipmentTips_2.pdf
 - Hockey Canada Equipment Fitting:
<https://www.youtube.com/watch?v=VtzUxPebp2k>



First Aid Kits

A fully stocked first aid kit must be on hand at every game, practice and off-ice training session and restocked as supplies are used

- List of recommended items included in [HTCP Booklet \(online\)](#)

Player medications such as epi-pens, ventilators, inhalers should also be brought to all sanctioned events

- Trainers are **NOT permitted** to administer **any** medications to players
 - If player is old enough, they are to administer themselves, otherwise the player's parent / guardian to administer
- No over the counter medication or other prescription medication to be present in the First Aid Kit



Required Forms

(Can be found on the MGHL Website under Trainer Resources)

Emergency Action Plan (EAP)

- Have a charge person (usually the Trainer), call person and control person designated from the team. This is helpful when an emergency does occur.

Player Medical Form

- Required to be completed prior to a player participating in any team activities
- Form should be kept by the Trainer and brought to all events
- Should be returned to player or parents at end of season

Player Injury Log

- Must be kept up to date and be filled out when a player sustains any type of injury during a game, practice, or hockey team event
- Log should be maintained by the trainer and brought to all events

It is the Trainer's responsibility to determine whether player should return to action (not Coach or parents)



Required Forms

Con't...

Hockey Canada Injury Reporting

- Must be completed when an injury is sustained by a player during a game, practice or team event that prevents them from participating in the next team event and / or they require medical attention
- Must be submitted to the OWHHA within 90 days of an injury (it ensures player is covered by OWHHA insurance if needed)

Return to Play Form

- A player who had an injury that prevented them from participating in team events or required medical attention must obtain a doctor's clearance before returning to play (this includes an injury sustained in a non-hockey related activity which prevents a player from participating in practices, games, or dryland sessions)
- Form can be provided to a player who requires a doctor's' authorization to return to play (Note: this form is an example only – any signed note by a Medical Professional is acceptable; however, the note must indicate any restrictions related to the player's return)

Note: in conjunction with the new GTHL concussion policy, a Medical Professional is defined as: family physician, pediatrician, emergency room physician, sports medicine physician, neurologist or nurse practitioner



Concussion Awareness

Concussion Laws became mandatory in Ontario in 2018; the following outlines concussion awareness and the MGHL's concussion management. All players must participate in the protocols outlined by the MGHL, including Baseline testing and Return to Play. **Failure to do so may result in the player being removed from play until procedures are followed**

On July 1, 2019, new rules came into effect through Rowan's Law, to improve concussion safety in amateur competitive sport.



If you are an athlete, parent of an athlete under 18, Coach, team Trainer or official and your sport organization has advised that you need to follow the rules of Rowan's Law you need to:

- review any one of [Ontario's official Concussion Awareness Resources](#) before registering or serving with your sport organization; and
- review your sport organization's Concussion Code of Conduct that they will provide to you; and
- confirm that you have reviewed both of these resources every year with your sport organization(s)



Concussion Awareness & Actions

What Is It?

- A head impact by either a direct blow or indirect transmission of force can be associated with a serious and potentially fatal brain injury
- If there are significant concerns, including any of the red flags listed below, then activation of emergency procedures and transport to the nearest hospital should be arranged:
 - Neck pain or tenderness
 - Severe or increasing headache
 - Seizure or convulsion
 - Deteriorating conscious state
 - Increasingly restless, agitated or combative
 - Weakness or tingling/ burning in arms or legs
 - Double vision
 - Vomiting
 - Loss of consciousness



Concussion Awareness & Actions

What To Do

Evidence of 1 symptom means player must stop playing right away

- She should not be left alone and should be seen by a doctor as soon as possible that day
- If a player is knocked out, call an ambulance to take them to a hospital immediately
- Do not move the player or remove athletic equipment like a helmet as there may also be a cervical spine injury; wait for paramedics to arrive
- **Trainer has final decision on Return to Play**

A player with a suspected concussion must not return to play that day, even if they report they are feeling better

- Problems caused by a head injury can get worse later that day or night (especially in children and adolescents) and can take up to 48 to 72 hours to show up
- Player cannot return to sports and begin the “6 step return to play” until they have been cleared by a Medical Professional

If no symptoms, use the facts of the situation to assess the situation (player to sit a shift or two, or remainder of the game, and reassess symptoms after adrenalin starts to wear off)



6 Step Return to Play Process

Return to Play applies to ALL injuries, not just concussions!

No.	Step Description
Step 1	No activity; complete mental / physical rest <ul style="list-style-type: none">● Proceed to Step 2 with Medical Professional's clearance
Step 2	Light aerobic exercise, such as walking or stationary cycling; monitor for symptoms and signs. (No resistance training or weight lifting such as dryland)
Step 3	Sport specific activities and training (e.g., light skating)
Step 4	Practice; drills without body contact / battles; may add light resistance training and progress to heavier weights (e.g., dryland, pucks, and heavier skating) <ul style="list-style-type: none">● The time needed to progress from non-contact to contact exercise will vary with the severity of the concussion / injury and the player
Step 5	Begin drills with body contact (e.g., Battle on Boards, etc.)
Step 6	Game play! (The earliest a concussed athlete should return to play is one week)

Note: Players should proceed through Return to Play Steps only when they do not experience symptoms or signs and a Medical Professional has given clearance

- Each step should be a minimum of one day
- If symptoms or signs return, the player should return to the previous step, and be re-evaluated by a physician



Warm-Up

- Recommended that the Trainer runs / supervises the warm-up / cool-down; however one other adult with a current Vulnerable Sector Check and Respect in Sport certification may be designated to do this
- Players may only run the warm-up under the supervision of this designated individual using the Trainer's recommended warm-up / cool-down drills
- Proper warm-up physically and mentally prepares the player thus reducing injury and maximizing performance
- Dynamic stretching should be used in warm-ups

Key Benefits to Dynamic Stretching:

- Your body is still continuously moving, even while stretching. The purpose of warming up is to prepare your muscles. You need to increase your muscles core temperature and dynamic stretching can accomplish this
- Dynamic stretching will prepare your muscles in a sport specific way
- Dynamic stretching gets you mentally prepared for the game ahead
- Dynamic stretching helps to improve the range of motion around your joints, reducing the chances of injury. Over time this will improve your performance and maximize your movements due to the increase in flexibility of your joints.

Warm-Up Examples:

- Limited Space - <https://www.youtube.com/watch?v=DfG6FRFlar4>
- More Space, Part 1) - <https://www.youtube.com/watch?v=GHFy57cngZA>
- More Space, Part 2) - <https://www.youtube.com/watch?v=WRfYFkAKNQ0>



Cool-Down

Cooling-Down Should Consist of the Following:

- 5 to 10 minutes jogging / walking - decrease body temperature and remove waste products from the working muscles
- 5 to 10 minutes static stretching exercises
- Static stretches are more appropriate to the cool-down as they help muscles to relax, realign muscle fibers, and re-establish their normal range of movement. These stretches should be held for approximately 10 seconds

Benefits of a Cool-Down:

- Aid in the dissipation of waste products - including lactic acid
 - Reduce the potential for Delayed Onset Muscle Soreness (DOMS)
 - Reduce the chances of dizziness or fainting caused by the pooling of venous blood at the extremities
 - Reduce the level of adrenaline in the blood
 - Allows the heart rate to return to its resting rate
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- Examples of Static Stretching - https://www.youtube.com/watch?v=NYU_5Qf55pA



MGHL Policies

The MGHL also has policies which must be followed; some of the highlights include:

- **Female** Trainer requirement
- Dressing room protocols:
 - Only those identified as female and with a current Vulnerable Sector Check allowed in dressing room when players changing
 - Adult female in room at all times with any male; permission must be granted before males enter the dressing room
 - Two (2) female deep rule while players changing
 - No devices permitted in dressing room; any devices must be powered off; **NO photographs / recording EVER in dressing room** (applies to players and team staff)
 - At Coach's discretion, one device can be used in the dressing room solely for the purpose of providing music
- Code of conduct / abuse & harassment
- Mandatory neck guard



Other Resources

Hurricanes Trainer Mentor

- If you are uncertain or have questions before or during the season, please e-mail: Jennifer Nivins at curkyl211@bell.net

Websites

- OWHA - <http://www.owha.on.ca>
 - MGHL must adhere to all OWHA and HC rules and regulations
- Hockey Canada - <https://www.hockeycanada.ca/en-ca/home>
- Hockey Trainers Ontario - <https://htohockey.ca/>