

## **Must Do's for every minor hockey team trainer:**



1. Hold a Parent/Player meeting before the season begins to:
  - Clarify roles of coaches, trainers, officials, parents and players in relation to safety and risk management.
  - Explain the need for and establish Emergency Action Plan (EAP) team; (call person, control person and alternates). Explain how it works, what will happen and the resulting benefits.
  - Review the importance of having completed Medical History Files for each player, and review the confidentiality and security measures that will be used to ensure privacy of personal health information.
  - Review the Return to Play policies of the OMHA and Hockey Canada for ill or injured players and explain that notes from qualified medical professionals are vitally important in determining the readiness and suitability of each player to return to play following an illness or injury and is a mandatory requirement before a player can do so.
  - Explain the Hockey Canada approved processes and procedures for conducting an injury assessment of a player and emphasize the intention and importance of conducting such injury assessments.
  - Explain the processes and the critical safety features and benefits of conducting regular equipment checks for each player.

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2. Practice the EAP with coaches, players and parents at least twice a season in preparation for a real emergency  
- "Be prepared and you will be Ready!"
3. Have an up-to-date Medical History file for each and every participant on your team (including staff) and update the files regularly.
4. Have a properly stocked First Aid Kit available at all times while in the hockey environment (to the level of your qualification) including during off-ice activities.
5. Do not risk ejection from a game due to a confrontation with Officials (maintain focus on the injury prevention, risk management and safety role of the trainer at all times).
6. Provide care to all on-ice officials if needed.
7. Be prepared to and act as trainer for both teams in the event that only one trainer is present for an OMHA event.
8. Communicate Return to Play policies to players, coaches, and parents. Require appropriate notes from health care professionals where indicated. Keep all professional correspondence for players with their Medical History Files.
9. At all times maintain a professional approach to communications and documentation relating to players' Medical History forms.
10. Conduct regular player equipment checks to ensure the best possible safety of each participant and communicate effectively and take action with coaches and parents where indicated to ensure integrity of equipment (fit, quality).
11. Take action promptly if you suspect a player or official is injured.