



Trainer Responsibilities

RESPONSIBILITIES AS TRAINER

1. The primary responsibility of the team trainer is to “ensure the safety of all participants during all hockey related activities”, by identifying and eliminating risks both on and off ice.
2. The trainer shall implement an effective emergency action plan.
3. The trainer shall maintain accurate and up to date player medical information files, including a photocopy of each player’s health card, and ensure they are available at all games and practices.
4. The trainer shall maintain an adequately stocked first aid kit including ice packs and ensure availability at all games and practices.
5. The trainer must remain within visual contact at all practices.
6. The trainer shall maintain the team water bottles and ensure they are available at all games and practices.
7. The trainer shall obtain a dressing room key from arena staff, provide team access and ensure that the room is properly secured while unoccupied.
8. The trainer shall be present in the dressing room, to be available to tend to player needs, prior to all games and practices, while adhering to the “TWO DEEP POLICY”
9. The trainer shall ensure that all players are wearing mouth guards and neck-guards prior to practices and games.
10. The trainer shall periodically inspect player’s personal equipment for proper fit, protective quality and maintenance, i.e.: Helmet screws.
11. The trainer shall implement a pre-game & practice off ice warm-up and stretching program to prevent injuries if required.
12. The trainer shall manage injury response on and off-ice and provide required basic injury response according to basic injury management principles and refer players to medical professionals when necessary. The necessary paperwork via the ORHC website will then be scanned and sent to trainer@oakvillerrangers.ca
13. The trainer shall maintain an open line of communication with all players and parents and report any unusual situations to the head coach.
14. The trainer should meet and communicate with opposing team Trainer regarding availability to assist in the event of an emergency and to provide information pertaining to the location of hospital or emergency medical location.
15. The team Trainer is required to attend all team events or arrange for a qualified replacement to attend in their absence.
16. Represent the ORHC in a professional manner at games, practices, and other events
17. Adhere to all safety protocols as laid out by the ORHC and Town of Oakville





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DOCUMENTS, TOOLS & EQUIPMENT REQUIRED

Every ORHC Trainer and Assistant Trainer must have the following when attending games and or practices:

1. Some sort of Trainer Kit that includes:
 - First Aid kit
 - Bandages
 - Icepacks
 - Scissors
 - Helmet Repair Kit
 - Screwdriver
 - Skate Sharpening Stone
 - Hockey Tape
2. The following for concussions:
 - Concussion Awareness Card (printout)
 - Download [HERE](#)
 - SCAT Pocket Tool (printout)
 - Download [HERE](#)
3. The following for player injuries:
 - Hockey Canada Injury Report (print a few copies)
 - Completed by both Trainer and players family in event of injury
 - Download [HERE](#)
 - HTCP Medical Information Sheet (print one for every player on team)
 - Needs to be completed by players family prior to start of season
 - Download [HERE](#)

