

Trainers Welcome



Welcome to the role of trainer for your respected hockey team. Ennismore Minor Hockey Association thanks you for your volunteerism this year.

This letter serves as an introduction and orientation to the role

For the trainer

- What to carry?
 - o There is a list of suggestions for you to consider on a separate page (Trainers kit)
- All required papers will be available for print under the trainers tab on EMHA website
 - o i.e. Emergency action plans, medical information sheets, injury logs, injury reporting sheets, return to play sheets
- Determining the Safety Person, Control Person, and Call person early in the year can help mitigate any confusion when an accident occurs
- Use the OMHA EAP form for easy responsibilities of each person
- Injury on or off the ice?
 - o Small injury – use the injury log form to track all accidents
 - o Large injury – use the Hockey Canada Injury report
- Injury logs, return to play sheets should be filled with EMHA (this can be through the head trainer and or executive

For the rink in Ennismore.

- Emergency action plan outlines are kept in a yellow duo tang by the kiosk at front door
 - o These can be used for yourself or for visiting teams if they request one
- AED location is on the north wall beside the wheelchair access ramp
 - o Please feel free to locate and examine the equipment, an audible alarm will go off once door is open (quickly reclose door to silence, no alarms to 911 will occur automatically)

- First aid kits
 - If you require a spare first aid kit , they are located in the lockers on right hand side of dressing room hallway(bottom shelf , right side of lockers)
 - I will be adding a commercial tourniquet to this area, please do not steal.
Only use if trained and know how to apply, feel free to familiarize yourself with it.
Or if you would like help please reach out for some instructions
Remember if there is a bleed – Pressure with gauze first, (up to 10min it can take)
 - Ice packs not kept here, please have your own or use ziplock bag with ice from canteen (apply over cloth, not direct to skin)
- Extra paperwork
 - Can be found in same locker and first aid kits (top shelf , left side)
 - Medical info sheets, injury reporting sheets, concussion awareness e-booklet
 - Please do not take them all , take one and make your copies

Equipment

- On the Trainers tab you will find some resources to help with equipment fitment aids, and reminders of properly fitting guidelines sent by Hockey Canada

Reminders

- Rule of 2 – OMHA regulations state that always two trained and screened adults in the room when players present
 - If outside the room, the door should be propped open so verbal and physical behaviours can be monitored

If you have any further questions, inquiries, please reach out.

Regards

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