

INTRODUCTION

Hockey is the most popular sport in Canada. Each year over one million Canadians play in organized amateur leagues. Most of these individuals are children.

Due in part, to the high participation level, hockey is also one of the leading activities resulting in accidental injury.

With this in mind, the late Bob Firth, a staff member of the government sponsored Hockey Ontario Development Committee (HODC), initiated the Hockey Trainers Certification Program (HTCP) in 1980. With assistance of a Medical Advisory Board, a board of consultants and St. John Ambulance, the program was officially launched in November 1980.

During the next three years the program continued to grow and develop until the HODC was restructured in 1984 into two different organizations; the Hockey Development Centre for Ontario (HDCO) and Sports Medicine Ontario (SMO). The HTCP became the responsibility of Sports Medicine Ontario until April 1, 1985, when the responsibility for the program was transferred to the Hockey Development Centre for Ontario where it remains today.

In 1994, Hockey Canada implemented a National Trainers Program (HCSP) based on the HTCP model for the other provinces in Canada. Today, the HDCO and Hockey Canada work closely to provide education for trainers across the country. It is the goal of these two organizations to have trainers available for all teams in Canada regardless of age category.

HOCKEY TRAINERS CERTIFICATION PROGRAM

Since 1984, the Hockey Development Centre has provided the HTCP to amateur hockey in Ontario. The HTCP is designed to educate people in the prevention, recognition and treatment of hockey related injuries. The HTCP offers three levels of certification which are designed to assist the individual trainer as his or her experience grows. The HTCP averages 9,000 new certifications annually delivered by 80 dedicated instructors. Program content, administration and policies are established through the HDCO Trainers Committee and through consultation with Hockey Canada's Safety Program Committee.

MISSION STATEMENT

The Hockey Trainers Certification Program will endeavour to provide the amateur hockey volunteer a simple, effective approach to the prevention and management of injuries in hockey, understanding risk management principles and the Speak Out program. The HTCP strives to be an educational program for the purpose of increasing communication, awareness, personal knowledge and as an end result enhancing a safe, positive environment with respect and encouragement for hockey volunteers and participants in Ontario.

E-LEARNING OPTIONS

The new HTCP Level I and Level I Refresher e-learning courses provides the participant a simple and convenient method of certification and is designed to be accessible from any PC using dial-up or high-speed. It is presented as an online curriculum and includes interactive multi-media tutorials, quizzes and printable downloads. It allows students to access the online resources and complete the learning modules and required assignments at their own pace. The online version incorporates the content of the current HTCP Level 1 curriculum and requires the participant to successfully complete an exam. Universal expiration date, examination standards and recertification guidelines apply.

To access the HTCP online program, go to www.hdco.on.ca

The development of the HTCP online initiative was made possible through a grant from the *Ontario Trillium Foundation*.

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PROGRAM OVERVIEW

LEVEL I

The HTCP Level I program is the introductory level of the program, which introduces the participant to the principles of injury and risk management. The program can be taken in a live classroom setting or by accessing our new interactive multi media e-learning course available online through our website.

Topics include:

- ▶ Hockey Trainer's Responsibilities
- ▶ Code of Ethics/Fair Play Codes
- ▶ Risk Management - Safety Requires Teamwork
- ▶ Medical Information Files and Injury Reporting
- ▶ First Aid Kit
- ▶ Bullying, Harassment and Abuse
- ▶ Protective Equipment and Hygiene
- ▶ Injury Prevention Techniques
- ▶ Emergency Action Plan
- ▶ Injury Management Principles
- ▶ Injury Recognition and Management
- ▶ Spinal Injuries and Concussions
- ▶ Injuries and Illness
- ▶ Removing Players from Action/Co-ordinating
- ▶ Return to Play
- ▶ Nutrition and Hydration
- ▶ Performance Enhancing Substances

LEVEL I REFRESHER

This program is available to participants renewing their certification and whose HTCP certification expires on August 31st of the current year. Eligible participants may re-qualify by attending a live clinic or accessing the online e-learning course. The HTCP Level 1 refresher program is comprised of 9 course modules and is approximately 4 hours in length. The refresher course utilizes the requalification modules of the current HTCP Level 1 content in use for that season.

Recertification Options: As a minimum standard, participants must re-qualify by successfully completing the Level 1 refresher program every 3 years. Re-qualification standards will be determined by each HDCO Member Association. There are 3 options available for the HTCP Level 1 program participant re-certification process:

Option 1: Participants whose certification expires on August 31st of the current year may re-qualify by completing the online e-learning refresher course. Course length: Completion times will vary.

Option 2: Participants whose certification expires on August 31st of the current year may re-qualify by attending a live half-day refresher clinic. Clinic length: 4 hours

Option 3: Participants may re-qualify by attending a full Level 1 live clinic every 3 years. Clinic length: 6.5 hours

Universal Expiration Date: August 31/Year
Examination: In-class/online - 75% passing grade
No Equivalencies are permitted

LEVEL II

The HTCP Level II program has been designed to be flexible with the participant in mind. This level has several avenues that the participant can choose from to obtain certification in the Level II program.

1. The minimum qualification for obtaining status as Level II certified trainer is a Standard or Emergency (Plus)* First Aid card from a recognized first aid provider group. The first aid card must also be valid for the entire hockey season (September to April). Expiration dates will vary according to the guidelines established by the first aid provider.
2. The HTCP also recognizes those individuals who have certain medical qualifications. Those individuals having full accreditation in the following areas are able to apply for HTCP Level II status once they have successfully completed the Level I program: Medical Doctor, Registered Nurse, Occupational Health Nurse, Physical Therapist, Athletic Therapist (CATA C.), Ambulance Attendant, Paramedic, Chiropractor, Physiotherapist, Dentist, Registered Respiratory Therapist (RRT), Podiatrist and Military Medic (all qualifications must be licensed in Canada).

In all circumstances the individual must provide proof of qualification to the hockey association Technical Director for proper certification to be issued. In order to renew Level 2 status, proof of re-qualification is required by the expiration date.



* Emergency (Plus) First Aid is a component of the HTCP Level I/II Combination Clinic



PROGRAM OVERVIEW

LEVEL I/II COMBINATION CLINIC

To provide additional opportunities and options for our participants, the HTCP has developed the HTCP Level I/II Combination Clinic. This clinic format combines all the components of a Level I with Emergency (Plus)* first aid training into a single day format. There are several advantages to this type of clinic format depending upon the area of the province.

- ▶ The clinics are more time and cost effective for the participant.
- ▶ The Participant receives sports specific first aid training in hockey.
- ▶ Trainers may choose to certify in the Level I only, certify in both Levels or, participate in the Level II first aid portion at a more convenient date.

LEVEL III

The HTCP Level III is an advanced program, providing the participant the opportunity to enhance their skill and knowledge level. The course is open to trainers regardless of the age group they are currently working with. Participants must currently be a certified Level II trainer. Course length is 9 hours.

Topics include:

- ▶ Practical, Team, Travel Nutrition
- ▶ Shoulder and Knee Injuries
- ▶ A Review of Head, Spinal and Severe Laceration Injuries
- ▶ Introduction to Athletic Taping Skills

Clinic Length: 9 Hours

Re-certification: Required every 3 years with a universal expiration date of August 31/Yr.

Examination: Take Home / 75% passing grade

- ▶ Strive to achieve the highest level of competence and continue to educate yourself to update and improve your skills.
- ▶ Strive to promote the values of Fair Play, integrity and friendship in hockey, and never condone, encourage, engage in or defend unsportsmanlike conduct, including the use of performance enhancing substances.
- ▶ Always put the player's best interest first and ensure that all players are treated with respect and integrity; free from any form of physical and/or emotional maltreatment.
- ▶ Never practice, condone, defend or permit discrimination on the basis of race, colour, sex, age, religion or ethnic origin.
- ▶ Respect all participant information as confidential. Such information shall not be disclosed to any person without the consent of the participant and their parents or guardians, except where required by law or in the event of an emergency.

PROGRAM OVERVIEW

The Hockey Trainers Certification Program is dedicated to the ideals of safety, enjoyment, sportsmanship, education and honesty in the game of hockey. The program is intended to promote the highest standards of proper conduct and integrity in the field of hockey training.

The HTCP has identified several principles by which certified members are encouraged to practice.

- ▶ Should strive to enhance the safety of all hockey participants at all times.
- ▶ Use only those techniques that you are qualified to administer.
- ▶ Always err on the side of caution and never practice any behaviour that may ultimately harm a participant or worsen an injury.
- ▶ Never mislead or lie about your qualifications, education or professional affiliations.

HTCP INFO LINE: (416) 426-7251

TO ACCESS HTCP ONLINE: www.hdco.on.ca

For more information on the HTCP or the availability of Clinics in your area, please contact the following HDCCO Member Associations



ALLIANCE
71 Albert Street
Stratford, Ontario
N5A 3K2
Tel (519) 273-7209
Fax (519) 273-2114
Website: www.alliancehockey.com



GTHL - Greater Toronto Hockey League
265 Rimrock Road, Unit 4
Toronto, Ontario
M3J 3C6
Tel (416) 636-6845
Fax (416) 636-2035
Website: www.gthlcanada.com



NOHA - Northern Ontario Hockey Association
108 Lakeshore Drive
North Bay, Ontario
P1A 2A8
Tel (705) 474-8851
Fax (705) 474-6019
Website: www.noha.on.ca



OHA - Ontario Hockey Association
1425 Bishop Street, Unit 2
Cambridge, Ontario
N1R 6J9
Tel (519) 622-2402
Fax (519) 622-3550
Website: www.ohahockey.org



OHL - Ontario Hockey League
305 Milner Ave., Suite #200
Scarborough, Ontario
M1B 3V4
Tel (416) 299-8700
Fax (416) 299-8787
Website: www.ontariohockeyleague.com



OMHA - Ontario Minor Hockey Association
25 Brodie Drive, Unit 3 & 4
Richmond Hill, Ontario
L4B 3K7
Tel (905) 780-6642
Fax (905) 780-0344
Website: www.omha.net



OWHA - Ontario Women's Hockey Association
5155 Spectrum Way, Building #3
Mississauga, Ontario
L4W 5A1
Tel (905) 282-9980
Fax (905) 282-9982
Website: www.owha.on.ca



ODHA - Ottawa District Hockey Association
1247 Kilborn Place, Suite 300
Ottawa, Ontario
K1H 6K9
Tel (613) 224-7686
Fax (613) 224-6079
Website: www.odha.com



ODMHA - Ottawa District Minor Hockey Assoc.
1247 Kilborn Place, Suite 300
Ottawa, Ontario
K1H 6K9
Tel (613) 224-3589
Fax (613) 224-4625
Website: www.odmha.on.ca



HNO - Hockey Northwestern Ontario
216 Red River Road, Suite 100
Thunder Bay, Ontario
P7B 1A6
Tel (807) 622-4792
Fax (807) 623-0037
Website: www.hockeyhno.com



OHF - Ontario Hockey Federation
3 Concorde Gate, Suite 212
Toronto, Ontario
M3C 3N7
Tel (416) 426-7249
Fax (416) 426-7347
Website: www.ohf.on.ca



Associate Members

Hockey Hall Of Fame
www.hhof.com



Ontario Sledge Hockey Association
www.ontariosledge.com

HOCKEY TRAINERS CERTIFICATION PROGRAM



INFORMATION GUIDE



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