

# **CORA TRAINER JOB DESCRIPTION**

## **Qualifications**

All within 3 years:

- Standard first aid and CPR
- Police Records Check (PRC) for work with vulnerable sector (or letter from employer for teachers and police officers)
- Making Headway e-module (only needs to be done 1x – does not expire)

## **Equipment**

*Recommended list of what to bring*

- Helmet
- Stocked first aid kit
- Tissues
- Hair elastics
- Pads/tampons
- Ice packs
- Padlock and key
- Clear hockey tape
- Helmet repair kit
- Spare neck guard
- Small Ziploc bags
- Big plastic bags
- Towel
- Space thermal foil blanket
- Extra skate laces

## **Information**

*This should be carried with you*

- Emergency contact information for each player and bench staff
- Prior injuries, allergies and other medical conditions (collected through CORA medical info and waiver forms <http://www.ottawaringette.on.ca/league/page.aspx?PageID=4701>)
- Injury log
- ORA forms
- CORA concussion pocket card
- Return to play forms

## Location information

For every location, you should identify:

- Defibrillator
- Best entry point for ambulance
- Directions to hospital

## Responsibilities

- Ensure safety in the dressing room. (No walking without shoes or skates, no throwing or roughhousing, no cameras...)
- Lock door and keep key for dressing room
- Carry medications to the bench (e.g., epipen, asthma puffer) and keeps it ready. Return it to player after game or practice. If player is supposed to administer puffer before exercise (e.g., 20 minutes before), the trainer can remind them and check in that it has been done
- Ensure all players are wearing all required equipment and that it fits properly and is in good repair. Especially check for missing neck guards and mouth guards, and that skate guards have been removed before stepping on the ice.
- A trainer must be present whenever players are on the ice. For practices and power skating, teams can arrange to share, if one trainer is willing to cover both teams.
- A trainer should be on the bench, with all necessary equipment.
- Watch the action, and be prepared to respond as needed.
- Decide when player returns to play following injury/illness.
- A trainer is not a coach. It is not your job to make suggestions to the players
- Sometimes a trainer is responsible for guiding the pregame warmup.
- The trainer may also advise players re: nutrition/hydration, especially in tournament situations.