

Fair Play

Integrity, Fairness, Respect The idea is that players will see your behaviour and emulate

Respect the rules

Respect officials and decisions

Respect Opponent

Give everyone a chance to participate

Maintain self control at all times

Types of Bullying

Physical abuse thru physical contact

Verbal Name calling, insults

Relational Exclusion, Gossiping

Reactive Responds to the above by taunting

Cyber-- Bullying Harmful name calling, insults over the internet

Types of Abuse

Harassment Conduct, Gestures and Comments that are insulting and belittles others

Emotional Chronic attack on a child's self-esteem

Physical Use of physical force on a child

Sexual Older person uses a younger for sexual gratification

Warm Ups

General Off ice: Jog, cycle, light sweat
On ice: "Feel for the ice" crossovers, start/stop, forward/back

Dynamic Controlled movements with joints ROM,

Speed, Agility, Quickness Ladder, jump, react. Short Bursts
Should be able to reach top speed before first FO

Cool Down / Stretching

Warm Proper Position

gentle strain, no pain Static; held for 15-30 seconds

EMERGENCY ACTION PLAN (EAP)

Charge Assess situation and gives direct signal to the call and control person. YOU.

Call Calls 911. Joins you on the ice with their cellphone. Must not be involved as an official in anyway (usually parent)

Control arrives to ice gate for assistance

When is it 911 Loss of consciousness, broken limb, serious bleeding

Charge must assess Compression, Airway, and Breathing.

STOP look around enviroment, remove hazards (e.g. broken sticks). Evaluate CABs

LOOK Signs of swelling, loss of motion, compare limbs, deformatiy, bleeding

FEEL Seek permission, gentle, farthest point first

LISTEN Ask what happened, hurt, where, severity, previous, areas

Managing Risk

Definition The **proactive** process by which an organization identifies, assess, controls, or minimizes the risk of body injury or financial loss from its activities

Managing Risk (cont)

Steps to managing risk 1. Identify risk connected to activity 2. Assess the significance of on/off ice risk 3. Eliminate or Minimize identified risk - goal should be to always eliminate 4. Provide insurance as protection against unavoidable risks

On ice risks Ice Condition, Glass Enclosures, Breakaway Nets

Off ice risks Air quality, dressing rooms, heating system

Injury Reporting

Definition A report related to the Hockey Canada National Insurance Program. Allows for person to access the Hockey Canada Major Medical and Dental coverage.

Who? Player, coach, team official

When? Injured during hockey related activity and expences are beyond what provincial/private health care offers, or a foreseeable expense, or as directed by branch injury reporting services

Where You carry the forms at all times

How 1. Complete the form - team official on one side, doctor/dentist on the back. 2. Return to the member office with receipts and invoices



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Injury Reporting (cont)

When are you covered? 1. Hockey Canada/Branch sanctioned events, 2. Transportation to/from venue, 3. Accommodations when billeted or at a hotel during a sanctioned hockey activity

Data Collection IDCP Complete when a player is injured during a game, during practice, or forced to leave play for health reasons

Concussions

Symptoms Headaches, Dizziness, Disorientation, Dazy, light sensitivity, ear ringing, nausea, vomiting, tired, irritable, confusion

Signs Poor Balance/Cordination/Concentration, Slurring of speech, unusual mood/personality change/vacant stare/slow response to questions

Most concussions occur without a loss of consciousness.

Medical Information

Goal Maintain a medical information file on all players on your team

Remember Special Needs, Illnesses and previous injuries

Removal From Play Complete Injury Report, Communicate with Coach/Parents, add to player's injury log. **Require a physician note**

Protective Equipment and Hygiene

Proper fit Helmet and Masks CSA approved. Equipment covers over what it needs to protect

Protective Quality No cracks or mods to equipment, velcro is not worn

Protective Equipment and Hygiene (cont)

Maintenance Dry equipment after every game

Injury Prevention - Conditioning

Aerobic Conditioning To use oxygen as an energy source at different workloads. 120 seconds on, 120 rest. **improves recovery**

Anaerobic Conditioning To work using greater than 85% max exertion for a short time (0-120 seconds). Rest is 3-4 times amount. **improves speed**

Muscular Endurance Muscle(s) work for extended period of time

Muscular Strength Muscles use a large amount of force a few times

Muscular Power Muscles use force in a short amount of time

Joint Flexibility Range of Motion available to a joint/series of

Dynamic Stretch Controlled movement that gently takes you to limit

Static/Active Stretch Gradually assume position and staying there **on your own**

Static/Passive Stretch Gradually assume position and staying there **with the help of someone else**

Speed, Agility, Quickness Goals of Anerobic Warm Up is to improve these

Soft Tissue Injuries

P Protect from further damage

R Rest/Restrict Activity

I Ice 10-15mins every hour

C Compress Injury

E Elevate Injury

