



## WGHA Team Trainer Responsibilities

As a trainer you will play a vital role in contributing to your team's success this season. Please make sure that you have read the HTCP Level 1 Manual. The manual will serve as a guide for you during the season as it outlines expectations of the trainer as well as answers questions regarding injury, injury management, reporting and return to play protocols for all WGHA players.

Information for Trainers to keep everyone safe and in the game:

- Trainers are not to run doors during games. A trainer should always be watching the play.
- Always err on the side of caution, a player's safety is greater than any game or game situation.
- Always check for missing equipment. Neck guards seem to be the number one culprit. They are mandatory.
- One trainer is required to be on the bench for every practice and game and be at any team event where injuries could be sustained (i.e. dryland training), with a stocked first aid kit. For house league, if you run low on supplies please email the Equipment Director and cc me. The WGHA will provide additional supplies. For rep trainers please advise your manager that you require additional supplies as the purchase of those will come from the team budget.
- If teams are sharing a practice/development session, or in the case of house league, playing a game against/with another WGHA team, you are allowed to share a trainer. There are times when a team's trainer is unable to make it and as long as at least one trainer is on a bench that is acceptable. If this happens please ensure that you have reached out to the other team's trainer and coach.
- Please do your best to support and help each other out. If there is no female trainer available the event cannot run.
- If your team does have more than one trainer and you share the first aid kit, please ensure that arrangements are made in relation to who is responsible for it. In the case of house league, it may be the coach. This is to ensure that the first aid kit is always at the rink or event.
- Ensure you know who is rostered as bench staff for your team. No one, under any circumstance, who is not rostered, is allowed on the bench for any reason. If someone is, kindly ask them to leave and notify the coach. If you run into any issues please advise your league's convenor.
- Mouth guards are not mandatory for players sanctioned in the Ontario Women's Hockey Association (OWHA) however, they are highly recommended.