

Training & Courses

Specialty Courses

Hockey Trainers Level I & II



Description

This course has been designed to include all of the components of the Level I and Level II hockey trainers certificate programs in conjunction with the HDCO. By combining the courses we are able to reduce the duplication of topics and complete the course in one day. The course includes a written exam.



Target Audience

This course is designed for hockey team trainers.



Topics

- Abuse and harassment
- Code of ethics
- Equipment sizing
- Stretching
- CPR skills
- Heart attack and stroke
- Choking (conscious/unconscious)
- Rescue breathing
- Wounds and bleeding
- Shock
- Muscular/skeletal emergencies
- Head and spinal emergencies
- Respiratory emergencies
- Seizures
- Diabetic emergencies
- Crisis intervention



Duration

- 10 hours



Certification

Participants will receive a wallet card for Hockey Trainer Level II and for Emergency First Aid and CPR.
The certificate is valid for three years.

** Handouts include : Active Canadian First Aid, CPR & AED Reference Manual, Hockey Trainers Binder