



# **NATIONAL TRAINERS CERTIFICATION PROGRAM INLINE ROLLER HOCKEY**

## **TRAINERS CERTIFICATION PROGRAM OUTLINE**

Introduction

Purpose of the Program

Trainer's Responsibilities

Emergency Action Plan

Spinal Injuries and Concussions

Safety & Risk Management

Injury Recognition and Management

First Aid Kit

Medical Information and Injury Reporting

Injury Prevention Techniques

Protective Equipment & Hygiene

Nutrition and Hydration

Performance Enhancing Substances