



Injury Prevention for Coaches

ACE DIRECTOR PRESENTATION

**USA Hockey Coaching Education
Program is Presented by:**





Define an Injury

The CDC definition of an injury is:

“Unintentional or intentional damage to the body resulting from acute exposure to thermal, mechanical, electrical, or chemical energy, or the absence of such essentials as heat or oxygen.”



What is Injury Prevention?

Injuries are preventable by changing the environment, individual behavior, products, social norms, legislation, and governmental and institutional policies to reduce or eliminate risks and increase protective factors.



USA Hockey

Interdisciplinary Approach

- **Standard of Play initiative**
- **Playing rules (including officiating education)**
- **Coaching Education**
- **Safety and Protective Equipment Committee**
- **Risk Management Committee**
- **S.T.A.R.**



Areas of Emphasis

- **Basic First aid**
- **Heads Up--Don't Duck**
- **Concussion awareness**
- **Medical history**
- **Respect for privacy**
- **Universal precautions**
- **Asthma/allergy awareness**



Role of the Coach

- **Conditioning and nutrition**
- **Proper equipment**
- **Respect for the game/opponent**
- **Emergency preparedness**
- **Continuous update of knowledge and resources**
- **Constant reminders to players**