

## **Dryland Training**

### **Why are there guidelines on Dryland Training?**

In the past number of years, and as the field of personal training has expanded, there has been an increased number of teams participating in training programs intended to improve strength, endurance, agility, flexibility, etc. While the governing hockey bodies have developed safety regimes to protect players during games, practices and tournaments there was not any guidance provided when teams engaged in such training programs. There was a concern that players might be exposed to risks in terms of their physical safety. For instance, there was no control mechanism with respect to the instructor, the location, supervision, program design, safety, and emergency procedures. If a player is engaging in a training program under the auspices of the hockey organization, then there is a certain level of responsibility to ensure that that activity is safe.

### **Why is a professional fitness trainer required, as a Team Trainer aren't I qualified?**

As a team trainer, Hockey Canada recognizes that you are certified to carry out the identified duties within the purview of the training program. This includes first aid training, concussion awareness and management, etc. This training does not include specialized training on fitness program design for children. There is potential risk of injury to children and adults who engage in fitness and strength training without proper instruction or supervision. The design of fitness programs for children will be different than that for adults. And as well, the trainers should be aware of healthy child development principles to design a program that adapts to the needs of each player on the team who may be at different stages of development.

### **What if my team can't afford a professional trainer?**

This is a very realistic question. Professional trainers may be too costly for some teams. In some instances it may be permitted to have the team coaches and trainer oversee a program that has been designed by a professional instructor.

### **Do the Dryland Training guidelines apply when I take my team to the school gym for positional practice?**

No, when a coach is looking to supplement ice time, which we all know is expensive, with time in a gymnasium, which we know is not expensive, then this is considered to be a "Facility Rental", and not "Dryland Training". It is assumed however that the players will be wearing adequate protective equipment such as helmet, facemask and gloves. As well it is assumed that the gymnasium time is being used for positional instruction and not just an hour of floor hockey.

**Why can't we play basketball, volleyball and other gymnasium games?**

Hockey Canada's Insurance Program is in place to cover players on the ice during sanctioned activities. Any deviation from the "Player + Ice" formula requires additional consideration. The insurers have explained that our coverage does not extend to other sports. Using gymnasium time for the purposes of other sporting activities can not be done under the Hockey Canada Insurance Program.

**How else can my team train?**

Understanding the limitations of the Hockey Canada Insurance Program teams may have to look elsewhere for activities that augment their training. For instance, if the local recreation centre offers a weekly basketball league then consider signing up as a team, or part there of. This is a separate activity and is in no way associated with Hockey Canada's Insurance Program, but it is a great way to engage in cross-training activities that supplement the development of young hockey players.