

Appendix H

The First Aid Kit

Adhesive Tape
 Sterile Gauze pads, big & small
 Band-aids of assorted sizes
 Tensor Bandages - approximately 6 cm and 10 cm. widths
 Gauze Roller Bandage
 Triangular Bandages
 Steri-strips
 Telfa Pads or Second Skin
 Tuf-skin
 Skin lube (vaseline)
 Antiseptic wipes (such as Benzylchloride swabs) and soap
 Antibiotic cream or spray
 Saline solution
 Gloves vinyl or polyethelene as some people are allergic to latex (Keep sterile)
 Coaching Tip: Always have a pair in your pocket
 Cotton tipped applicators
 Scissors
 Tweezers
 Safety Pins
 Ice Bag
 Chemical ice pack
 Clean towel
 Thermometer
 Plastic bags
 Sugar
 CPR barrier (A mask with an air passage)
 Quarters and emergency phone numbers
 Copies of the player Medical Information Forms
 Pencil and Injury Log Book

Trainer's Waist Pack

Many trainers wear a Waist Pack to hold the first-aid supplies and equipment that are needed for first contact with injured players.

face Mask
 oral screw
 latex gloves
 adhesive tape
 pen and notepad

band-aids (assorted)
 tongue depressor/ tongue forceps
 sterile gauze
 utility scissors
 quarters