

## 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