

The following is a recommended list of items that you should include in your first aid kit. Whenever you use an item you should replace it immediately to ensure that your kit remains fully stocked.

Amount	Item	Application
1	Soft, sturdy kit/box	A durable waterproof kit which holds all your supplies in one place and is easily transportable.
1 roll	Pre-Wrap	Covers & protects skin when taping an injury.
2 rolls	1 1/2" Athletic Tape (low grade)	Protects exposed injuries and provides support for injured joints.
2 - 4	Tensor bandages- 2", 4" or 6"	Use for injury support and compression over soft tissue injuries. The size of the injured area dictates the appropriate tensor size.
2	40" cotton triangular bandages (slings)	Use for injury support/slings or to apply pressure.
1 bag	Sterile cotton tipped applicators	Use to clean wounds.
1 box	Knuckle dressings	Cover cuts in unusual areas – knuckles, web spaces, etc.
1 box	Fingertip dressings	Cover cuts on finger tips.
2 boxes	Elastic stretch strips in assorted sizes	To cover all minor skin wounds – blisters, lacerations.
10	Sterile pads (non adhering)	Used to cover cuts and abrasions. Non adhering so they will not stick to the wound.
10	4" X 4" gauze	To control bleeding and cover wounds – use over non adherent dressings.
1 roll	4"stretch gauze	Covers & compresses wounds.
1 container	Petroleum Jelly	Use to reduce friction in the case of blisters.
4 - 8	Ziploc plastic bags (various sizes)	Hold ice, contaminated or bloody materials - gloves, compresses, etc.
1 pair	Bandage scissors	Cut dressings, tape, equipment, etc.
10 pairs	Barrier protection gloves	Medical non latex gloves must be worn at all times when attending to an injured player (see Special Considerations following page)
1 container	Hand Sanitizer or wipes	Alcohol based. Ensures clean hands when dealing with injuries or when immediate access to hand washing is not available.
1	Pocket mask	Use when there is mouth to mouth contact for CPR or artificial respiration.
1	Note pad/pencil	Use to take notes (or write reminders for yourself) and record injuries.
2	Working pens	
	Ice	Apply to soft tissue injuries.

Notes

- 1) If there are females on your team you should keep a supply of sanitary napkins with your kit.
- 2) You should carry a list of all emergency telephone numbers in your kit, including ambulance, fire department, police and general emergency. It is also recommended that you include several quarters in the event that you must make an emergency telephone call and only a pay phone is available.
- 3) Although the Hockey Trainer is not the team's equipment manager, for safety reasons you should maintain extra supplies of the following items in a separate "safety" kit.
 - fasteners and screws for helmets and facial protectors
 - skate laces
 - hockey tape
 - a multi-head screwdriver to tighten helmets and other equipment
 - small hack saw for stick shafts
 - sharpening stone

Special Considerations

Within sport there exists a risk of injury and subsequent bleeding. This is particularly true in the case of high-risk sports where open bleeding wounds tend to occur quite often, especially during competition. Accordingly, there is a possibility, albeit small, of risk of HIV or other viral infections during participation in certain physical activities. Transmission is further facilitated when protective sports equipment is not properly used.

When bleeding occurs, the recommended approach should be one that assumes all blood is potentially contaminated. Universal safety precautions should be adopted at all times and the injury treated no differently from any other in sport. **Universal Precautions** refers to a set of guidelines for handling body fluids properly (i.e., blood, saliva, urine, vomit). The precautions taken by all persons, both participants and officials alike, must be timely, proper and adequate. In this way all participants assume some responsibility for their own safety.

Universal Precautions

- Wash hands before and after dealing with a bodily fluid spill or caring for a wound. Good hand washing technique is essential for preventing the spread of disease and should be reinforced with all players and team officials. Adequate facilities for hand washing that should be available in every facility include warm water, liquid soap or detergent, towels, waste receptacles and posted signs to instruct on hand washing technique.
- Always wear barrier protection gloves when coming in contact with bodily fluids. Vinyl and nitrile gloves have less risk than latex for allergic reaction.
- Gloves should be changed after treating each individual. Always put on a clean pair of protective gloves before treating a new player, and ensure proper disposal of used protective gloves as described below.
- Remove bleeding athletes from competition to care for wound.
- Segregate contaminated laundry from non-contaminated laundry. Wash with water as hot as the fabric care label recommends, with good quality soap and dry thoroughly.
- Wipe up spills from hard surfaces with wet towels or cloths with a 10% bleach solution or approved germicidal cleaning solution.
- Deposit bloody dressings and protective gloves in a resealable bag and check with facility staff with regard to proper disposal.