

## EMERGENCY SITUATIONS and FIRST AID KIT SUGGESTIONS

- Have a list of all your players' phone numbers and their parent's cell phone/pager numbers
- Have all your medical release forms handy.
- These should be at EVERY PRACTICE AND GAME.
- EACH COACH SHOULD HAVE A SET of these with him/her for each session.
- Have a cell phone at ever outing and KNOW the address of where you are!
- If an ambulance is needed- have people to guide it to the field where needed.

Know your players medical conditions and what to do for them in an emergency- ask the parents for **WRITTEN** instructions on how to handle their child's medical condition , in an emergency, should one arise.

When your players with known medical histories or conditions arrive at the fields for practice or play-ask them how they are doing. Sometimes they forget to watch their blood sugars, or they didn't use their inhaler before practice etc. **CHECK** in with each player who has a known condition.

**A basic carry kit** for all the items you could use on the sidelines (soft or hard container- clearly marked for "**FIRST AID**" - you don't want to have to be searching when you need IT!)

### CONTENTS:

- **Disposable kwik cold ice packs (3-4)**
- Band-aids 1" strips (10 ea) and 2" wide large cover Band-Aids (5 ea)
- Anti- bacterial ointment- or bacetracin/triple antibiotic ointment- tube form (1ea)
- No rinse hand washing gel or solution- rinse hands after attending to any blood issues
- 1" (1 ea)and 2" (1 ea) adhesive tape rolls
- Bandage scissors/shears (1 ea)
- Triangular bandages ( double as slings) (4 ea)
- Elastic wraps- 3 " or 4" (3 ea)
- CPR pocket mask/barrier
- Two sizes of disposable vinyl gloves ( 4 or 5 pair each size)
- Small (12-16 ounce) sealed bottles of water – to rinse an injured eye or wound, for drinking, etc (3)
- Empty Ziploc bags ( small or large bags) for holding ice
- 4x4 gauze pads ( individually wrapped – 2 to a package) (10 ea)
- 5x 9 gauze pads (thicker than 4" x4") or several kotex pads (6 ea)
- 2" or 3" non-stick or "non-adhering" gauze pads (6 ea)
- 3" or 4" roller gauze (4 ea)
- safety pins ( 5 ea)
- Tweezers (ever get a splinter?)
- tube of glucose or cake icing-small tube (sugar) (1)
- Tylenol or Advil / Motrin- To give to player if the **parents are aware** before handing out!
- Paper bags ( lunch size) (4 ea)– multi-purpose use- dispose of trash, vomit bag, etc
- Old (thicker) magazines – carry in bottom of bag- make great ankle or wrist splints- wrap with ace bandage in place OR can use a shin guard for splint!

**A small hip bag-** used to carry on the field for **IMMEDIATE** attention items

### CONTENTS:

- CPR mask/barrier (1)
- vinyl disposable gloves ( 2-3 pairs)
- triangular bandages (1)
- bandage scissors (1)
- thick gauze pads (3 or 4)
- penlight
- glucose or icing tube (1)
- roller gauze 3-4" (1)