

10.0 FIRST AID KIT

A hockey trainer must always have a fully stocked First Aid Kit on hand during all games, practices and off-ice training sessions. A fully stocked First Aid Kit ensures that you are prepared to react to any illnesses, accidents or injuries that may occur.

The best First Aid Kit is one which contains only the most important items. There is no reason to carry a wide variety of items, especially if you do not know how or are not qualified to use some items. **Remember, the hockey trainer should not administer medication of any kind to a player.**

The following is a recommended list of items that you should include in your First Aid Kit. Whenever you use one of these items you should replace it immediately to ensure that your Kit remains fully stocked.

Amount	Item
1	Soft Sturdy First Aid Kit/Box
1 roll	Pre-Wrap
2 rolls	1 1/2" Athletic Tape (low grade)
2	4" Tensor bandages
2	40" cotton triangular (slings)
1 bag	sterile cotton tipped applicators
1 box	knuckle bands
1 box	finger tip bands
2 boxes	elasto stretch strips
10 ea.	4" X 4" gauze pads
1 roll	4" stretch gauze
4	ziploc plastic bags
1 pair	bandage scissors
2 pairs	rubber gloves (waterproof Latex) (note: Beware of latex allergies)
1 bag	ice
1	CPR barrier shield (only use if certified in CPR)
1	note pad/pencil

- It is also recommended that you include several quarters in your First Aid Kit in the event that you must make an emergency telephone call and only a pay phone is available.

- If you work with a team on which females participate, you should keep a supply of sanitary napkins with your First Aid Kit.

You should also carry a list of all emergency telephone numbers in your kit, including ambulance, fire department, police and general emergency (911 if applicable).

- Although the hockey trainer is not the team's equipment manager, for safety reasons, you should maintain extra supplies of the following items:
 - screws
 - fasteners
 - skate laces
 - hockey tape
 - glove laces
- The hockey trainer should also have a multi-head screwdriver available at all times to tighten helmets and other equipment.