

CONTENTS OF FIRST-AID KIT

- Protective disposable gloves, (2 pairs minimum, consider hypoallergenic)
- Rescusi face shield or pocket mask for rescue breathing
- Plasters
- Rescue type scissors
- Tweezers
- Plasters
- Tape – variety of sizes (elastic and zinc oxide)
- Gauze swabs – sterile and non-sterile
- Access to ice on the day or ice packs
- Crepe bandages – individually wrapped, so it is sterile
- Triangular bandage – individually wrapped, so it is sterile
- Sterile trauma type clean dressings (variety of sizes)
- Yellow clinical waste bags or similar to dispose of similar soiled dressings and plasters (following local authority guidance)
- Foil space blankets or preferably ambulance type blankets to keep players warm when injured
- Paper and pencil/pen and spare copies of injury report forms
- Packet of sugar or sachet full sugar jam
- Mobile phone
- Printed directions to the nearest emergency department for any player (home or away) that requires transfer to hospital
- Post code and directions to your venue
- Sterile water pods (to clean wounds or irrigate eyes)
- Sterile eye pads or suitable dressing



Date:

Name: