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: