

PREPARING AND PACKING THE MEDICAL KIT

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Coaches, have you ever told your student managers to grab the medical kit before a game and, when the first injury occurred, opened it in horror to find 2 1/2 rolls of tape permanently fused together and nestled on a smashed and leaking chemical cold pack; a tangle of pre-wrap, band-aids and old gauze stuck to the sides of the kit; and what appears to be an Army surplus scissors?

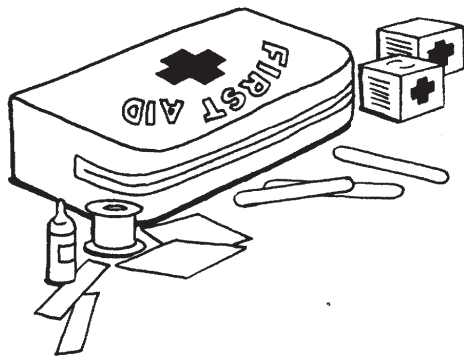
To prevent this from happening, chuck that rusty old box and purchase a plastic fishing tackle box with multiple adjustable compartments. A box that opens from the side is preferable, since it keeps rain from leaking in. Place small items in individual plastic bags to keep them clean and orderly. Don't keep items in your kit that you do not know how to properly use or dispense. We suggest you and your student managers/trainers use the following checklists to be properly prepared for your next contest or practice.

Checklist for your sideline supplies

- ___ Ice chest with ice bags and ice cups
- ___ wraps
- ___ splints
- ___ crutches
- ___ knee immobilizer
- ___ backboard with cervical collar
- ___ table
- ___ water and cups
- ___ squeeze water bottles
- ___ stretcher
- ___ telephone (if available)
- ___ medical kit
- ___ AED (if available)
- ___ Emergency locator forms

Checklist for your medical kit

- ___ 1 1/2" athletic tape
- ___ tape scissors
- ___ 1" athletic tape
- ___ skin scissors
- ___ elastic tape
- ___ tweezers
- ___ pre-wrap
- ___ nail clippers
- ___ assorted foam
- ___ pocket knife
- ___ skin lubricant
- ___ sterile applicators
- ___ two 6" ace wraps
- ___ tongue depressors
- ___ two 4" ace wraps
- ___ razor
- ___ assorted band-aids
- ___ plastic bags
- ___ tape adherent
- ___ alcohol
- ___ tape remover
- ___ betadine
- ___ 4 x 4 sterile gauze pads
- ___ antibacterial ointment
- ___ roll gauze
- ___ hydrogen peroxide
- ___ telfa pads
- ___ sterile eye wash
- ___ finger and wrist splints
- ___ contact lens solution
- ___ shoulder sling
- ___ steri-strips
- ___ pen light
- ___ tooth preserving pack
- ___ analgesic balm
- ___ moleskin
- ___ quarters for pay phones
- ___ emergency phone numbers
- ___ Special items for athletes with specific medical conditions such as diabetes or asthma



* It is recommended that someone with each team have Basic Life Saving skills.