

Attachment 13**Recommended First Aid Kit Contents**

If a player becomes injured during a practice or game, notify parent or guardian immediately. Parent or guardian should administer first aid when able; coaches should only provide first aid in emergency situations.

General Supplies

- Athletic tape (1 1/2" white adhesive) - 2 or 3 rolls
- Athletic tape pre-wrap – 2 or 3 rolls
- Adhesive bandages - assorted sizes
- Elastic wrap (3 " and 4 " wide) - 1 of each
- Bandage scissors
- Latex free gloves - 3 pairs
- Sterile gauze pads (3" and 4" squares) - 1/2 dozen of each
- Instant Ice (cold) Pack – 4 to 6
- Plastic bags for ice
- Plastic bags for biohazard
- Contact lens case
- Saline solution
- Insect sting swab
- Hydrogen peroxide
- Antibacterial ointment
- Alcohol swab
- Antibacterial Gel

Additional Supplies

- Medical Treatment Authorization Form
- Injury Report Form
- Writing Pen
- Nail clippers
- Sunscreen
- Tweezers

Supplies for Individual Athletes (supplied and used by parent or guardian **ONLY)**

- Epi-Pen (for allergic reactions)
- Inhalers