

SPORTS MEDICINE FIRST AID KIT FOR COACHES AND NON-MEDICAL PERSONS

Every team or individual participating in an athletic event or competition should have access to a first aid kit. In general, commercial kits do not cover the specific needs of athletes and are relatively expensive compared to custom-made kits.

A regular medical bay can be used, but a back pack with dividers or a small soft side case with a zip open top might be better alternatives. These latter two are more easily carried and washable when they become dirty.

The following items make-up a basic first aid kit for almost any sport. Quantities are not given because of variations of team sizes and needs.

Alcohol/alcohol preps	Non-stick wound dressing (telfa) pads, 3x4
arm sling (triangular bandage is fine)	Plastic bags for ice/instant ice packs
Band-aids, assorted sizes and shapes	Powder
bandage scissors	Safety pins
Betadine or Hibiclens scrub	Several quarters for emergency phone calls
Cotton swabs	Sterile gauze pads 3x3 or 4x4
Elastic tape, 2"	Steri-strips, 1/8" x 3"
Elastic wraps, 2", 4", 6"	Sunscreen
Eye Patch	Tape adherent
Eye Wash	Tape remover
Foam Padding, assorted thickness	Tape underwrap
Hydrogen peroxide	Thermometer
Latex gloves	Tongue blades
Moleskin	Tweezers
Nail Clippers	Vaseline or skin lube
Neosporin/bacitracin ointment	White tape

It is preferable to use regular ice instead of instant ice packs for injuries. While the instant ice packs are certainly more convenient, they can be troublesome if they break. The chemicals in the ice packs can burn if they come into contact with the skin.

Every kit should have a card with emergency numbers listed. If the team has some athletes who are minors, this card should include the phone numbers where parents or guardians can be reached. If there is no phone near the practice or competition site, you may consider getting a cellular phone.

For basic medications, the following are legal for USOC drug testing standards when used with only the listed ingredients: Antacids, Aspirin Acetaminophen, Ibuprofen.

Minors should not be given medications without parental consent. Therefore, kits for youth sports should not contain any medications.

(Copyright 1993 by the United States Olympic Committee, Sports Medicine Division - used with permission to USA Volleyball)