

FIRST AID CHECKLIST

- Ice

Having access to ice is easy in an ice rink. Ice is very important to proper immediate care of many minor injuries and should, therefore, be readily available.

- _____ plastic tape – 2 rolls
- _____ sterile gauze pads – 4 pads
- _____ sling – 1
- _____ Band-aids, assorted sizes – 20
- _____ foam rubber/moleskin
- _____ disinfectant
- _____ zip lock plastic bags for ice – 4

- _____ emergency care phone numbers

- _____ list of emergency phone numbers
- _____ scissors
- _____ safety pins
- _____ surgical gloves
- _____ player's Medical History Forms
- _____ chemical ice packs-4

Coaches please replenish your first aid kit after every unseat their own expense.

Please use your own choice of stores for replenishment
Make sure you have it with you at all times (NO Exceptions).