

- First Aid Manual or Emergency/CPR flashcards
- Safety pins
- Paramedic or EMT shears (scissors)
- Sharp-pointed surgical scissors
- Splinter forceps (tweezers)
- Standard oral thermometer: digital, mercury, or alcohol
- Wooden tongue depressors ("tongue blades")
- Waterproof flashlight (such as Pelican MityLite\*) or headlamp (and spare batteries)
- CPR mouth barrier or pocket mask (such as a Microshield X-L Mouth Barrier\*)
- Sterile (hypoallergenic or latex) surgical gloves (at least 2 pair); if you are allergic to latex, bring nonlatex, synthetic, nonpermeable gloves;
- Instant chemical cold pack(s)<sup>1</sup>
- Ziploc\* bags (to hold ice for ice packs)
- List of emergency phone numbers (paramedics, hospital emergency room) – Could be a luggage tag that we update for each event
- Elastic bandages (Band-Aid\* or Coverlet\*) in assorted sizes (strip, knuckle, and broad); cloth with adhesive is preferable
- Adhesive strips for wound closure (Steri-Strip\* or Cover-Strip II\*), assorted sizes, reinforced [plain or impregnated with an antimicrobial] or elastic
- 3"x 3" or 4" x 4" sterile gauze pads (packets of 2 to 5) (such as Nu-Gauze\* highly absorbent)
- 5" x 9" or 8" x 10" sterile gauze ("trauma") pads (packets of 2 to 5)
- Nonstick sterile bandages (Telfa\*), assorted sizes (used to cover abrasions)
- 1", 2", 3", and 4" rolled conforming gauze (C-wrap\* or Elastomull\*)
- 1" x 10 yds (9.1 m) rolled cloth adhesive tape
- Moleskin Plus\* (4 1/8 in x 3 3/8 in)

- Tegaderm\* transparent wound dressing (also comes in combination with a Steri-Strip in a Wound Closure System)
- Sterile cotton-tipped swabs or applicators, 2 per package
- Tincture of benzoin, bottle or swabsticks
- Povidone iodine 10% solution (Betadine), 1 oz bottle or swabsticks
- Antiseptic towelettes

#### **Splinting and Sling Material**

- Cravat cloth (triangular bandage)
- 2", 3", and 4" elastic wrap (Ace\*)
- 4" x 36" SAM Splints (2)
- Aluminum finger splints

#### **Eye Medications and Dressings**

- Prepackaged individual sterile oval eye pads
- Sterile eyewash, 1 oz (30 ml)

#### **Dental Supplies**

- Save-A-Tooth Emergency Tooth Preserving System

#### **Topical Skin Preparations**

- Bacitracin, mupirocin, or bacitracin-neomycin polymyxin B sulphate ointment

#### **Nonprescription Medications**

- Ibuprofen, 200 mg tablets
- Acetaminophen, 325 mg tablets
- Antacid
- Decongestant (such as oxymetazoline) nasal spray (to treat a nosebleed that doesn't respond to simple pressure)
- Glucose (liquid glucose) paste tube (to treat a hypoglycemic - low blood sugar - reaction)

#### **Prescription Medications**

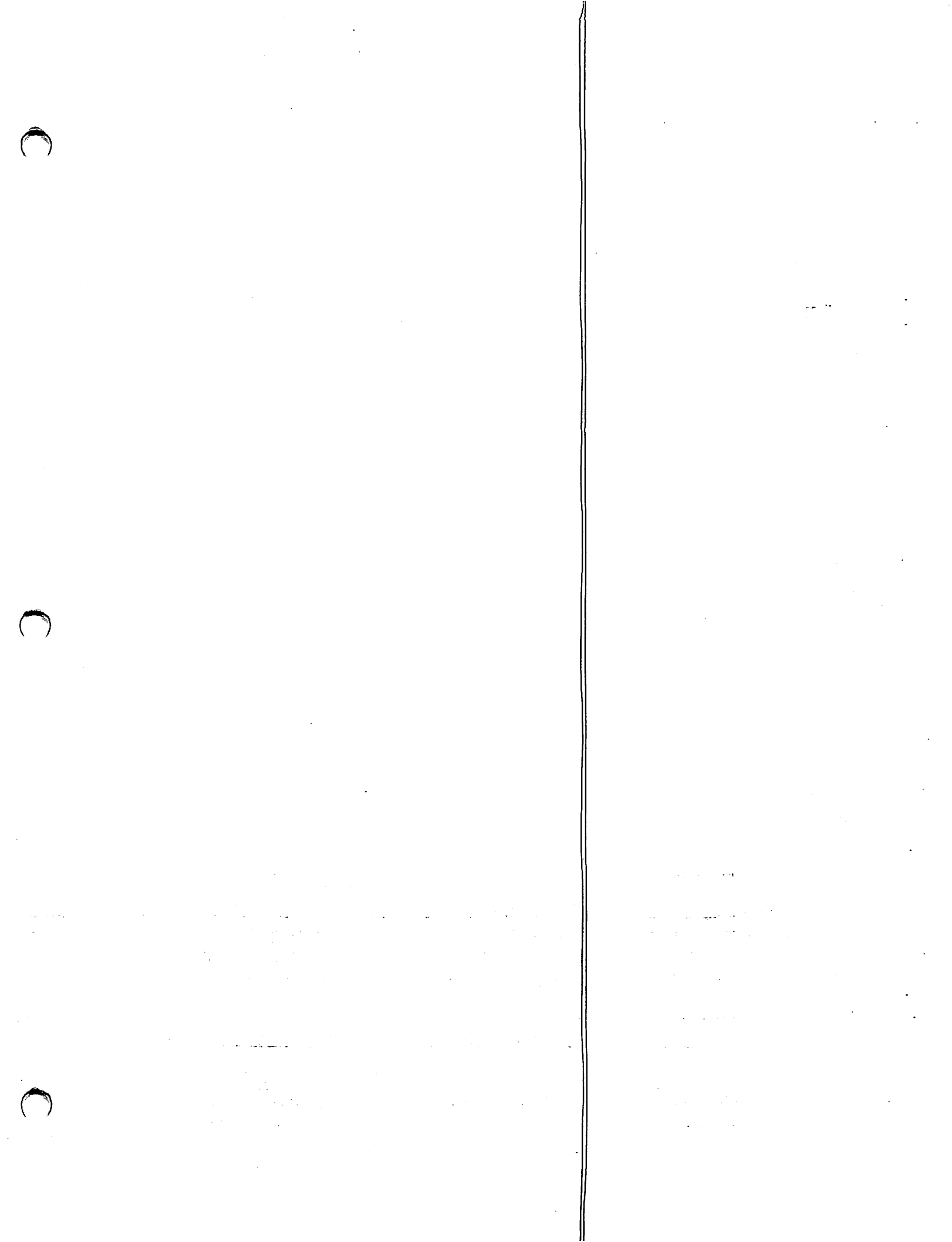
- Metered-dose bronchodilator (albuterol) (to treat an asthma attack)

**Allergy Kit**

- EpiPen Auto-Injector [0.3 mg] and EpiPen Jr. Auto-Injector [0.15 mg]) or allergy kit with injectable epinephrine (Ana-Kit)
- Diphenhydramine (Benadryl), 25 mg capsules

**Other**

- Other equipment and supplies may be available at the venue, but are not usually transported with a youth athletic team, unless there are special circumstances. These include such items as large splints to accommodate major fractures (such as of the thigh), stretcher, and AED (automated external defibrillator).





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## **Basic Medical Kit for High School Sports: A Guide**

Joel O'Dell, LAT, ATC, is an Athletic Trainer for **Physiotherapy Associates** and provides Sports Medicine services at **Des Moines Lincoln High School**. He has spent the past 14 years treating athletic injuries from recreational athletes to professionals and everything in between.

This article is intended for the high school coach who is looking for some guidelines on assembling a basic medical kit. This is intended to be a guide and not a requirement. Individual needs will vary from one sport or school. Also included are tips for the successful coach to follow in managing injuries to your players.

As an athletic trainer a medical kit is my **mobile medical office**. I have certain items that I use on a daily basis and some items that I hope I will never have to use. Every item in a medical kit should have a purpose and provide a service needed for caring for **common injuries** of that sport. Having a facemask removal tool in a med kit for tennis just does not make sense. A clean, well-organized kit will make finding the right item(s) much timelier. This also helps in tracking inventory and re-stocking of your most used items.

I have outlined some basic and specialty items for a high school medical kit.

### **Basic Items**

Tape	Hydrogen Peroxide
Pre-Wrap	Alcohol Wipes
Scissors / Tape Cutter	Hand Sanitizer
Band-Aids	Tuff-Skin / Tape Adherent
Ace Wraps	Flexi-Wrap / Shrink Wrap
Exam Gloves	Ice Bags
Gauze Pads / Sponges	Chemical Ice Packs
Antibiotic Ointment	Cotton Balls / Nose Plugs
Emergency Medical Forms	CPR Mask with one-way Valve

# Specialty Items

AED (Automated External Defibrillator)	Leg Immobilizer
Athletes Meds / Inhalers	Mouth Guards
Blister Pads / Mole-Skin	Padding for Casts and Braces
Contact Lens Solution and Case	Pen Light
Crutches	Sam Splints
Epi-Pen (for anaphylactic shock)	Shoulder Immobilizer
Extra Uniform	Tampons
Facemask Removal Tool	Thermometer
Glucose Tablets	Tweezers
Heel and Lace Pads	Vacuum Splints

## Universal Precautions

Here are some tips to make it easier for coaches to use Universal Precautions.

- Have basic medical supplies readily available. Carry a pair of gloves and some gauze pads in your pocket.
- Make it a **Habit** and stick to it every time you deal with bodily fluids.
- **Remember** – any blood containing fluid is considered to be “**infected**” and you should use **Universal Precautions** to help protect you, your family and your athletes! Many blood borne pathogens are alive and well here in Iowa.

## Emergency Management Plan

Below are some **pearls of wisdom** that I have gathered from years of observing successful high school coaches managing and implementing a comprehensive athletic injury program.

- Have a “**Game Plan**” for an injury. This plan should be comprehensive in nature. Have a plan in place for dealing with injuries where ever they might occur. (Practice, home games, away games, etc.)
- Practice your **First Aid** procedures. You make your athletes practice plays to reduce mistakes. The same principles apply to injury management. Practice makes perfect and eliminates mistakes, confusion and poor decisions.

- Know how to use your **safety equipment**.
- Designate one person (preferably an Athletic Trainer or Coach with a medical background) to be “**In Charge**” of your injuries. This will help with continuity of care and decrease confusion on the “playing status” of an athlete.

I hope you have found this information to be useful and practical. Dealing with injuries is always going to be an aspect of your coaching duties. Good coaches learn to “**Plan**” for the worst and can “**Manage**” when the star athlete gets hurt. Your preparation and actions could help **save a life**.

*Physiotherapy Associates are the sports medicine providers for the Boys' State Basketball, Soccer & Baseball Tournaments.* *09/08*

