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

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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  
Pre-Wrap  
Scissors / Tape Cutter  
Band-Aids  
Ace Wraps  
Exam Gloves  
Gauze Pads / Sponges  
Antibiotic Ointment  
Emergency Medical Forms

Hydrogen Peroxide  
Alcohol Wipes  
Hand Sanitizer  
Tuff-Skin / Tape Adherent  
Flexi-Wrap / Shrink Wrap  
Ice Bags  
Chemical Ice Packs  
Cotton Balls / Nose Plugs  
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*