

The First Aid Kit and Contents

First Aid kits come in a variety of shapes, sizes and materials. Whether the first-aider elects to use an open-top bag, a briefcase, or cantilever type container is an issue of personal preference. The main considerations should be that the bag is lightweight, portable, waterproof, compartmentalised, and durable and is readily identifiable as the first aid kit (a white cross on a green background is the accepted symbol). Within the bag, transparent plastic containers are a useful way of retaining items in a clean and easily identifiable location. 'Bum-bags' are a smaller alternative but will generally hold the equipment that you will need immediately when attending an injured/ill player.

Each team should be supplied with a first aid kit; a kit that is easily accessible and available in all locations where activities are taking place. There is no mandatory list of items to be included; the contents are determined by an assessment of needs which is based upon the potential injuries/illnesses that may be sustained by the players. It is also important that the first aider only carries items that they have been trained (and are competent) to use. The contents should be checked prior to use (note 'expiry date' of items), restocked after use and protected from dust and damp when not in use.

First aiders should not routinely carry tablets or medicines, nor should they dispense them. In exceptional circumstances: when a player has been prescribed medication, e.g. anti-asthma inhaler, insulin injection or EpiPen, the medication which must be clearly labelled with the player's name, may be carried in the first aid bag. It is the first aider's role to ensure the medication is immediately accessible and assist the player to take their medication as and when required.

Recommended minimum list:

- 4 pairs of latex-free (nitrile) disposable gloves
- face-shield or 'pocket mask'
- 'Tufcut' scissors
- water/spray bottle
- gauze swabs
- 6 crepe bandages (2 x 5cm / 2 x 10 cm / 2 x 15 cm)
- 2 large, sterile, unmedicated wound dressings (non-adhesive)
- 6 medium, sterile, unmedicated wound dressings (non-adhesive)
- 1 roll zinc oxide tape (to secure wound dressings)
- 20 plasters (assorted sizes) sterile, individually wrapped, hypoallergenic.
- 4 triangular bandages
- antiseptic cleansing wipes
- 2 sterile eye pads
- 2 sterile water 'sachets' / 'pods'
- 2 yellow disposable clinical waste bags
- material and foil blanket