

First Aid Supplies

The first aid kit should be kept on hand at training sessions and matches.

One of the adults associated with a soccer team should be the designated first aid caregiver. It is highly recommended that this person hold a first aid certification from the American Red Cross at the minimum.

Sterile first aid dressing

2 x 2 in. (5 x 5 cm.) for small wounds. Quantity: box of 12

For open wounds or dry dressings for burns. These are packaged sterile. Do not try to make your own.

Sterile first aid dressing

4 x 4 in. (10 x 10 cm.) for larger wounds and for compress to stop bleeding. Quantity: box of 12.

For open wounds or dry dressings for burns. These are packaged sterile. Do not try to make your own.

Large sterile dressing

14 x 14 in. (36 x 36 cm.) Quantity: 2

For covering large chest or abdominal wounds.

Roller gauze bandage

1 in. x 5 yd. (2.5 cm. x 5 m.) Quantity: 2

For finger bandage.

Roller gauze bandage

2 in. x 5 yd. (5 cm. x 5 m.) Quantity: 2

To hold dressings in place.

Adhesive tape (athletic tape)

1- and 2-in. (2.5- and 5-cm.) width Quantity: 1 roll each

To secure dressings in place.

