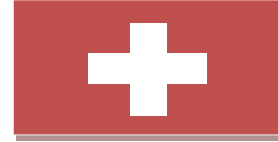




Colorado Youth Soccer
RISK MANAGEMENT
Spectator First Aid Supplies



It is not only important for coaches to be prepared in emergency situation, but for parents and friends to be prepared as well. The National Center for Sports Safety recommends that spectators or players carry a first aid kit of their own to games and practices to treat minor injuries. The kit should include the items listed below:

- Sport Safety Training Injury Prevention and Care Handbook or other Comprehensive First Aid Guide
- 2 pairs of non-powered Barrier Gloves
- Resuscitation mask/face shield
- Assorted Bandage Strips (Band-Aid 80 pack)
- Disposable Cold Pack
- 1 or 2 large Bandages – a bandage large enough to cover a scraped knee or elbow.
- Elastic Fabric Flexible Bandage
- Kling Roller Gauze
- Eye Dressing Kit (Eye Patch and Clear Medical Tape)
- Eyewash
- Adhesive Tape
- Antibiotic Ointment
- Alcohol/Antiseptic Wash or Wipes
- Triangular Bandage for sling
- Insect Sting Ointment
- Sun Block (30) SPF
- Insect Repellent
- Scissors
- Tweezers
- Nose clamps for a bloody nose (swimmers nose clamps will work)

A wet wash rag could also be included in the Player's back-pack or bag. This rag should be rinsed and replaced prior to each training session or game.

The kit should be inspected for all items and any expiration dates at least every six months or when items are used and need to be replaced.

If you need to call advanced medical personnel (EMT, Paramedics or Fire Department Personnel), make sure you stay on the line with the dispatcher until you are told to hang up.