

## What do you need for a Sports First Aid Kit and Treatment Room?

***In order to prepare players for the game and manage any injuries that occur, it is important to have a well-maintained first aid kit and treatment area, such as a designated first aid room. The contents of a first aid kit can vary depending on the nature of the sport or activity and the risk of injury for players, the types of injury that occur, the budget of the club, and the number of players at the competition venue.***

It is also important to keep an injury for first aid register for your club for sport so that the incidence if injury can be monitored. The information will assist the sport identify frequent or severe injuries that should be addressed. It may be necessary to conduct a more comprehensive injury surveillance process for a while to enable causes of injury to be identified, so that practical ways of preventing the injuries can be developed and trialed. A one page form for Sports Trainers or Coaches is available from Sports Medicine Australia (see contact information).

Items for the first aid kit are presented in relation to what is required to tape and prepare players for activity and also in regards to dressing an open wound or splinting an injured joint. Other items for hygiene, sun protection etc are listed. To make up a kit for your club or group, select the relevant items from the list that will address the types of injury that occur in your sport. In contact or highly physical sports where there is a greater risk of collision resulting in cuts and contusions, the kit may contain more of the items listed. Seek advice from your club medical officer, physiotherapist or nurse, Sports Medicine Australia office, or local pharmacy.

Please note that all prescription medications and products such as ventolin, anti-inflammatory tablets, antibiotic creams and ointment, panadol or aspirin should be supplied by the

individual athlete. The athlete should inform the trainer if they are on any long-term medication. Expiration dates of all medications and equipment in the first aid kit should be checked regularly, and replaced if expired.

At sporting events or outdoor recreation areas, there may not be a room or building designated for the provision of first aid. In these instances, injuries may need to be addressed by the side of the field or court. Make sure the person is protected from further harm. For sporting events a portable treatment table, sun shade and some screening may be adequate. Where a treatment room is available, it is important to equip the room to cope with the first aid treatment of the participants.

Often pre-game preparation of the participants such as taping and massage, is performed in the dressing rooms. It is important that these rooms have a table of sufficient height so that the trainers are not bent over and straining their backs. Dressing rooms should be clean and with non-slip surfaces, particularly after the team has showered.

## Contents of a First Aid Room

The following items should be considered:

- ▶ First aid kit
- ▶ Telephone
- ▶ Wash basin with hot and cold water
- ▶ Disposable hand towels, soap and nail brush
- ▶ Work bench or dressing trolley
- ▶ Refrigerator or immediate access to a refrigerator for the storage of cold packs and medical supplies
- ▶ Examination couch or bed, and pillow with appropriate blankets and covers (disposable or washable)
- ▶ Stretcher—canvas, Jordan Frame for collision/contact sports
- ▶ Movable screen
- ▶ Two chairs eg for patient and accompanying person
- ▶ Cupboards for storage of supplies
- ▶ Lockable cabinet for storage of records
- ▶ Three separate refuse containers for sharps, contaminated waste and other waste
- ▶ Electric power outlets
- ▶ Angle poise lamp or other suitable lamp
- ▶ Electric kettle
- ▶ First aid posters, anatomy chart
- ▶ Ice machine
- ▶ Crutches, wheelchair
- ▶ Bowls (small and large) eg to hold ice and water
- ▶ Towels
- ▶ Resuscitation mask, oxi-viva if required
- ▶ Clock (with a second hand)
- ▶ Scales, mirror
- ▶ Defibrillator if required and qualified person to use it
- ▶ List of emergency contact and procedures posted in room and near telephone

## First Aid Facilities

- ▶ The first aid room should be dedicated purely for the purpose for providing first aid and should:
- ▶ Be an area of at least 15m<sup>2</sup>
- ▶ Be well lit and ventilated
- ▶ Have adequate access should the injured person need to be supported or moved by stretcher or wheelchair
- ▶ Have easy access to toilets
- ▶ Be located in a position to allow easy access and egress for ambulance or emergency vehicles
- ▶ Be able to provide privacy for persons being treated
- ▶ Non slip floor surface

## Contact Details:

### Sports Medicine Australia - National Office

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# Items for Sports First Aid Kit

## Taping Supplies

No	Product	Used for
5-10	Disposable razors and soap	Removing hair before tape
1	Skin toughener spray	Prepare skin for tape
3 rolls	Underwrap	For sensitive skin or when repeated tape would damage the skin
1	Lubricating ointment	To stop tape rubbing over tendons causing irritation or blisters
1 roll	Adhesive foam or padding	To protect bony areas eg AC joint, take pressure off a blister ( <i>heel</i> ), or apply specific compression
1	Tape scissors, tape shark	To cut tape and bandages
5-10 rolls	38mm rigid zinc oxide strapping tape	To tape ankles, knees, wrists, shoulders, elbows etc
1	Plain scissors	Cutting foam, tape etc

## Optional Extras

2-3 rolls	19mm rigid tape or tear 38mm tape in half	Tape fingers, plantar fascia etc
2	Elastic bandages	Apply compression over joints
rolls	Electric tape	To secure tape around head and ears, secure bootlaces etc
2 rolls	Adhesive elastic tape	Over tape to assist with compression and adhesion of tape to skin

## Wound and Soft Tissue Injury Management

No	Product	Used For
box	Disposable latex gloves	Maintaining universal precautions while dressing bleeding wounds
pack	Gauze swabs	Applying lotion and bathing wounds
1	Cutiplast dressing adhesive 7.2 x 5.0 cm (5 sets)	Wound dressing, covering of minor wounds
1	Cutiplast dressing adhesive 10 x 8 cm (5 sets)	Wound dressing, covering of larger wounds
2	Tricose 5 x 5 cm (small) non stick	Cover wound for protection of smaller wounds
2	Tricose 7.5 x 7.5 cm (large) non stick	Cover wound for protection of larger wounds
2	Cutinova thin 5 x 6 cm	Hydro ( <i>water</i> ) active wound dressing for blisters and open wounds ( <i>place directly over cuts for blood rule problems</i> )
pack	Non-adhesive dressing (various size)	Wound dressing
2	Betadine swab sticks	Cleaning wound antiseptic
box	Band-aids	Cover small wounds
Packet	Cotton wool	Apply lotion, bathing wounds
packet	Steri-strips or Leukostrip	Wound closure strips to bring wound edges together
1	Pair of tweezers	Removing splinters or wound debris ( <i>need to sterilise or purchase disposable tweezers</i> )
1	Sterile needles or blood lancets	For wound management, foreign bodies, blisters, or injection ( <i>medical use only</i> )
	Syringes	For irrigation of wound or eye, or for medical use
1	Conforming gauze bandage 2.5cm	Secures dressing in place for small wound
1	Conforming gauze bandage 5cm	Secures dressing in place for medium wound
1	Conforming gauze bandage 7.5cm	Secures dressing in place for large wound
1	Leukopor tape 2.5cm	Secures dressing, ideal for sensitive skin
Packet	Alcohol swabs	Cleaning equipment
2	Chemical cold packs	To apply cold to acute injury
	Crushed ice	For making ice packs
	Plastic bags or towels	To make ice packs
1	Eye wash	For removing foreign bodies or irritants from eye
	Sterile eye patches	For protecting eye after trauma or foreign body

## Optional Extras

	Assorted sizes Surgifix net bandage	Secures a dressing when there is a large amount of joint movement
	Dentist in a Box (available from SMA Website)	Essential kit for effective treatment of chipped or broken teeth
packet	Fixamul	dressing

## Splints and Braces

No	Product	Used for
1-2	Triangular bandages	Used for arm slings, applying compression as bandage
packet	Safety pins	To secure sling

## Optional Extras

1	Finger or thumb splints	To prevent further damage to fingers after dislocation or ligament damage
1	Neck soft collar	To protect neck if suspect soft tissue injury
Packet	Tongue depressors	For oral examination, but also good for temporary splints for fingers

## Miscellaneous

No	Product	Used For
	Assorted carry bags	To store and carry first aid supplies on field and side of field
book	Sports injury register, pen, paper	Recording injuries, treatment and actions
1	Esky	To store ice
1	Resuscitation mask	Used for CPR, universal precautions
	Sunscreen 15+	Protection from sun and UV rays
1	Jelly beans, orange juice or sugar water solution	Diabetics
	Water bottles or cups for water ( <i>not to be shared by athletes</i> )	Fluid replacement
1	Thermal blanket	For hypo-thermia, shock
	Change for telephone	Emergency calls ( <i>mobile phone is advised for high risk sports</i> )
	Vaseline	For chaffing and/or rubbing
	List of players and any allergies or pre-existing medical condition such as asthma	Taken from pre-season screening to ensure appropriate care of participants

## Optional Extras

1	Massage cream or oil	Pre-game preparation or treatment
1	Drugs in Sport Booklet	To advise athletes in legal and illegal substances
1	Pen light	Assessing pupil reactions
1	Insect repellent	For mosquitos etc
1	Mouthguard container	
1	Contact lens container	