



Deeside Ramblers Hockey Club Junior Section



First Aid Kit Policy

It is the responsibility of team captains, or managers (junior teams) to ensure that a suitable First Aid Kit is available at all competitive hockey sessions (training and matches).

It is the responsibility of the team captain/manager to ensure that the team First Aid Kit is checked and replenished as necessary (e.g. in Sept and Jan each season). This should be recorded in the First Aid Notebook.

A typical First Aid Kit should contain:-

Notebook - listing contents of first aid kit

- for recording items used
- for recording First Aid Kit checks and replenishments

- Ice pack – e.g. ice in a bag, reusable gel pack, instant ice pack
- Sterile wound dressings
- Antiseptic wipes
- Kitchen roll or similar (to dry wounds)
- Plasters
- Tape – elastoplast and micropore (in case of allergy to elastoplast)
- Gauze
- Crepe bandage or tubigrip
- Triangular bandage (sling)
- Surgical gloves
- Scissors
- Bags for disposal of soiled dressings etc
- Water bottle with spray - for cleaning wounds (e.g. removing sand)

Any costs incurred in replenishing First Aid Kits can be reclaimed from the club treasurer, by providing receipts of items purchased.

Any questions regarding the content or use of First Aid Kits should be referred to Debbie Kay (07709174151).