



SAFETY CHECKLISTS

Follow checklists for all practices and games and you won't forget anything. Use checklists to identify hazards and manage risk before everybody starts participating.

Safety Checklist #1: Always with you (in a clipboard)

- First Aid Kit (see Safety Checklist #2 in Coaches' TOOL BOX)
- Cell phone or quarters for pay phone
- Completed Medical Information Form(s) (see Coaches' TOOL BOX)
- Emergency Action Plan (see Coaches' TOOL BOX)
- Pen, clipboard, paper

Safety Checklist #2: Sample First Aid Kit

- Kit to hold everything (fishing tackle box/tool box/sport bag)
- Latex gloves

Ointments

- Disinfectants
- Antiseptic wipes
- Polysporin
- After Bite
- Sunscreen (minimum SPF 30)
- Vaseline

Bandages

- Sterile gauze pads 10cm X 10cm
- Butterfly enclosures
- Band-aids of various sizes, shapes and colours
- Elastic compression wraps
- Athletic tape
- Blister adhesives (mole skin)

Other Items

- Tweezers
- Scissors (blunt ended)
- Instant cold packs
- Q-Tips
- Plastic bags for ice
- Safety pins
- Dark towel
- Needle for splinters

Items for specific participant needs, examples include:

- Epi-Pen for allergies
- Asthma inhaler clearly marked with participant's names in large letters
- Others: _____

Remember, to administer medication or treatments you must have the consent and instructions from the parent/guardian.

See Medical Information Form in **COACHES' TOOL BOX**

Pre-packaged First Aid kits may be found at sporting goods stores.

Canadian Red Cross – www.redcross.ca

Mountain Equipment Co-op – www.mec.ca