

FIRST AID KITS

A personal first aid kit for all skaters should be available at every practice and game. This kit should be simple, useful, and inexpensive, and be able to handle most minor medical emergencies. The kit described here can be put together at minimal expense and should be kept in the skater's bag. All items can be kept in a large ziplock bag or a tote bag. These materials can be obtained from any pharmacy or convenience store.

The following is the recipe for a minimal first aid kit:

Band-Aids and Blister Pads	2 pair of latex gloves
1-2 rolls of plastic tape	disinfectant wipes
2-4 sterile gauze pads	list of emergency telephone numbers for parents
3-4 small ziplock bags (to be used for ice bags)	Tylenol (Acetaminophen)
quart size	Antibiotic ointment
1-2 chemical ice bags	2 4" Ace Bandages

Comments on Kit Contents

Band-Aids of varying sizes and shapes will cover abrasions and small cuts. Any skater with a bleeding wound must come off the ice and have the wound covered before he/she can resume skating. Band-Aids can serve as this cover. Sterile gauze pads, along with the plastic or white cloth tape, should cover any wound that a simple Band-Aid cannot cover.

The treatment for the bumps, bruises, and strains that inevitably result from skating should almost always start with an ice pack. Ice shavings are always available at the rink - it is easy and economical to fill a ziplock bag with ice. The bags are cheap and reusable. If an ice bag is needed and ice chips are not available, a chemical ice bag can be used. However, these bags are limited in the length of time that they stay cold, they are messy if the bag breaks while trying to activate the "cold" power, and they are relatively expensive (\$0.50 - \$1.00 each).

Latex gloves are a must. Universal precautions [where every skater is considered capable of transferring or contracting a blood-borne infection] is what is practiced in hospitals, and this is what we must practice. Gloves will protect from contaminated body fluids, such as blood and saliva. Always use gloves when putting a bandage on a bleeding or bloody wound. Place bloody jerseys and bandages in plastic bag for disposal so that they won't contaminate other things.

Store-bought, ready-made first aid kits are fine as long as they include all of the items mentioned above. Generally, these kits may be missing some of these items (such as latex gloves) and they should be purchased separately and added to the kit.

The rink has an extensive First-Aid station that is fully equipped to handle larger emergencies.

Additionally:

Any child who uses an Asthma Inhaler must have one available within their reach at all times while they are enrolled in ISCC summer camp. ISCC should be made aware of this condition.

ISCC must be aware of any physical injuries your child may have (acute or chronic). The ISCC Health Exam / Record should list any and all conditions (i.e., joint, back or muscular problems) that may affect the skater either on or off the ice.