

First Aid Kit Guidance for Coaches and Clubs

Introduction

The contents of a coaches or clubs first aid kit should be based on a first aid needs assessment for the activity being undertaken, the environment plus conditions it is being undertaken in and the people undertaking it; for example, a coach operating out of a facility that has a fully trained first aider and first aid kit, will require different items in their first aid kit to a coach leading a group on a forest trail with no facility within a few miles.

For athletics it would be reasonable to have items for a bit of care and reassurance, as well as some more essential equipment. Remember that when an injury occurs outdoors people can also be challenged by heat and cold much faster, and so items to manage that would be appropriate to have in a first aid kit too.

HSE Standard

The HSE First Aid Kit standard changed in 2019. It is good practice to ensure that your first aid kit meets this standard as a minimum, with any additional contents being determined by risk assessment as outlined in the first paragraph.

[HSE - What to put in your First Aid Kit](#)

First aid kit guidance for sporting activity

Contents

Kit that could be of use, depending on your location, first aid skills, group size and the type of activity are:

- Disposable gloves
- Scissors (secured in a sheath)
- Something to deal with a big bleed (large sterile dressing or ideally trauma dressing)
- Medium sterile dressing
- Assortment of plasters.
- Cold packs for soft tissue injury
- Something sugary to eat, and possibly water to drink
- Foil blanket, or fleece blanket (other blankets such as blizzard blankets are really effective in more remote locations) to keep folk warm, or to create shade
- Ways to support an injured joint, this could be crepe bandage, triangular bandage or in remote locations a SAM splint
- Saline pods - these are usable to clean grazes as well as irrigate eyes, so these might be preferred over antiseptic wipes.
- Tweezers, or tick hooks are invaluable if running off road

NB: the contents for activity might be very different to that for a facility, as a first aid kit is always selected based on the needs. E.g., a facility with a kitchen will focus on burns rather than sprains and strains, therefore adapting kit is a good thing to do.

Carrying kit

If kit is being carried on runs, then making sure that the items are protected from the weather, and that the kit is not too heavy is worth planning for. Remember, a trauma dressing will deal with a small bleed, but a small dressing won't deal with a big bleed!!

Kit care

Kit should be checked periodically for damage and expiry dates. Items should be replaced after use, when expired or if damaged. At a busy track it might be sensible to keep some spare stock of the more common items used.