



Prainito Pediatric Therapy

EXCEPTIONAL KIDS ATHLETICS INC



The Spectators First Aid Kit

It is not only important for coaches to be prepared in emergency situations, but for parents and friends to be prepared as well. The National Center for Sports Safety recommends that spectators carry a first aid kit of their own to games and practices. This is just for information and not mandatory. This kit should include the items listed below.

Sport Safety Training Injury Prevention and Care Handbook

Non-powdered Barrier Gloves

Resuscitation mask/face shield

Cold Pack

Bandage Strips

Patch Bandage

Elastic Fabric Flexible Bandage

Kling Roller Gauze

Eye Dressing Kit (Eye Patch and Clear Medical Tape)

Eyewash

Adhesive Tape

Antibiotic Ointment

Anti-septic wipes

Alcohol Wipes

Triangular Bandage for sling

Insect Sing Ointment

Hydrocortisone Cream

Sun Block (30) SPF

Insect Repellant

Scissors

Tweezers