## Sideline Medical Supplies

### General Supplies
- Wound cleaning kit
- Alcohol preps
- Antibacterial ointment
- Butterfly closures
- Elastic tape
- Elastic wraps
- Tape remover
- Tape under wrap
- Thermometer
- Tongue blades
- White tape
- Flashlight
- Emergency blanket
- Bandage scissors
- Disinfectant for equipment and uniforms
- Paper and pen
- Red biohazard bag
- Contact lens case and solution
- Nail clippers
- Nasal packing material
- Mouth guards
- Latex/non-latex gloves
- Pocket knife
- Hydrogen peroxide

### Sideline Concussion Assessment Protocol
If a player gets a head injury, monitor signs of:
- Altered mental status
- Loss of balance/coordination
- Neck pain
- Loss of consciousness
- Headache/nausea
- Confusion

**Any athlete suspected of having a concussion should be removed from play and medically evaluated before release to play. When in doubt, sit the player out!**

### Cardiopulmonary
- Athletes with allergies, asthma or diabetes must have a parental written sideline care plan for coaches or medical staff.
- Medication must have athletes’ name labeled and given by parents to keep in the medical kit.
- Epinephrine (Epi-Pen) for anaphylactic shock (bee stings)
- Short-acting asthma inhaler (Albuterol)
- Mouth-to-mouth mask
- Basic CPR knowledge
- AED (If available and training is possible)

### Musculoskeletal
- Athletic tape/tape cutter
- Splinting materials
- Arm slings and safety pad
- Single use ice packs or
- Zip-lock bags for ice
- Ace Bandages
- 3-inch Gauze wrap

### Over the Counter Medications
- Tylenol
- Ibuprofen
- Naproxen
- Cold medicine
- Antihistamine (Benadryl)
- Topical anti-itch medication

### Wound Care
- Wound irrigation materials (Run under tap water for 2 minutes)
- Blister care materials
- Steri-strips
- Knuckle bandages
- Tweezers
- Band Aids
- Sterile gauze pads
- Cotton swabs
- Moleskin
- Non-stick wound dressing pads
- Petroleum jelly

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### Additional Information for Parents and Coaches
- AAP-Sports Participation [http://www.aap.org/healthtopics/sports.cfm](http://www.aap.org/healthtopics/sports.cfm)
- Short blogs on Sports Medicine topics [www.athleticbusiness.com](http://www.athleticbusiness.com)

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### Sideline Medical Supplies

**Bare Essentials**

Coaches and athletic trainers of organized contact sports should have a medical kit available on the sidelines and have basic training and knowledge in the use of these supplies:

- Access to a telephone (cellular or 2-way radio)
- Access to EMS and rapid transport to Emergency care
- Proper fitting equipment and protective gear:
  - Helmet, chin guard
  - Shoulder pads
  - Hip and thigh pads
  - Football pants
  - Game jersey
  - Mouth guards
  - Cleats
  - Ice and bags
  - Oral fluid replacement (Gatorade/water)
  - AED and knowledge of use
  - The Medical Kit must be checked before each game and replace all items used or expired

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### Head and Neck/Neurologic
- Face mask removal tools
- Semi-rigid cervical collar
- Access to spine board
- Support straps
- Pen light

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