



SPORTS MEDICINE

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

It is highly advised that coaches and staff are trained in First Aid and Basic Life Support/CPR

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

Head and Neck/ Neurologic

- ◆ Face mask removal tools
- ◆ Semi-rigid cervical collar
- ◆ Access to spine board
- ◆ Support straps
- ◆ Pen light

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

(Given only with parental permission)

- ◆ 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

Additional Information for Parents and Coaches

- ◆ AAP-Sports Participation <http://www.aap.org/healthtopics/sports.cfm>
- ◆ Short blogs on Sports Medicine topics www.athleticbusiness.com
- ◆ National Alliance for Youth Sports <http://www.nays.org/>