



Each team must have a First Aid kit. As a minimum, such kit should include the following elements:

### **Novice through Pee Wee:**

- 1 kit,
- 1 roll of athletic bandage,
- 2 triangular bandages,
- 1 bag of sterile cotton swabs,
- 1 box of Band Aids for finger tips,
- 1 box of plasters,
- 10 sterile compresses,
- 10 4 in x 4 in gauzes,
- 4 sealable plastic bags,
- 1 pair of scissors,
- 5 pairs of protective gloves,
- 1 hand sanitizer,
- 1 note pad and ball point,
- 1 pocket-carried mask,
- 1 small blanket (in case the player must remain on the ice for some time).

Access to ice for soft tissue injuries.

### **Bantam and higher:**

- 1 kit,
- 1 roll of pre-tape
- 4 rolls of athletic bandage,
- 4 Tensor bandages,
- 2 triangular bandages,
- 1 bag of sterile cotton swabs,
- 1 box of Band Aids for finger tips,
- 2 boxes of plasters,
- 1 box of plasters for joints,
- 10 sterile compresses,
- 10 4 in x 4 in gauzes,
- 1 roll of extensible gauze,
- 1 container of petroleum gel (such as Vaseline),
- 10 sealable plastic bags,
- 1 pair of scissors,
- 10 pairs of protective gloves,
- 1 hand sanitizer,
- 1 note pad and ball point,
- 1 pocket-carried mask,
- 1 small blanket (in case the player must remain on the ice for some time).

Access to ice for injuries to soft tissues.

**You must not forget to replace used items as soon as they have been used in order that they are all available when necessary.**