

SportsReach Football League

Recommended first aid kit list

This list is taken from the Football Association guidelines. We recommend all managers check their first aid kit regularly throughout the season, replacing items that have been used. We also recommend that managers thoroughly check their first aid kit at the beginning of a season and replace anything that has perished or that is out of date, ready for the new season.

- A towel for soaking up blood
- A range of sterile bandages – both absorbent and non-absorbent. They should include a range of different sizes, at least one triangular bandage and an eye pad.
- Some ‘underwrap’ for reducing friction caused by strapping and bandages
- Petroleum jelly for temporarily sealing wounds and stopping the flow of blood
- Medical gloves
- Water
- Cotton buds for applying petroleum jelly to wounds and soaking up blood from nose bleeds
- An airway to help players breathe if they’ve been knocked unconscious
- Micro-porous tape
- Safety pins
- A cold pack
- Eye wash
- Clinical waste bags
- Foil survival blanket
- Antiseptic wipes
- Waterproof plasters
- Scissors

Please do remember this is first aid.

If there is anything serious, do not hesitate in calling 999 to get the emergency services to come, using the emergency action plan, completed by the team manager at the start of the season.