

RECOMMENDATIONS FOR FIRST AID KITS



Safety is the top priority of all sports organization leaders and athletic directors. One critical step sports leaders can take is to make sure that first aid kits are readily available for each practice and competition that athletes participate in. A first aid kit, when accompanied by someone with basic first aid knowledge, can:

- ✓ Ensure quick and effective responses to injuries or medical emergencies before professional help arrives.
- ✓ Prevent injuries from worsening, such as cuts, burns, sprains, etc.
- ✓ Reduce recovery time - early treatment can mean faster healing and fewer complications.

WE RECOMMEND INCLUDING THE FOLLOWING ITEMS IN YOUR FIRST AID KITS:



If your organization is in need of assistance to obtain first aid kits, consider partnering with local chapters of the [American Red Cross](https://www.redcross.org/) for subsidized or donated kits.

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