



FIRST AID

Whenever a player/umpire/supporter/opposition is injured and first aid is administered by Titans Hockey Club an Accident/Incident Report form **MUST** be completed. This includes training, all fixtures, tournaments and fun days for a person of any age. The Accident/Incident Report must be handed to the Club Secretary at the earliest opportunity.

If you need to replenish any items, please inform the Club Secretary by providing a list of items required.

The below listed must be in your first aid kit:

- Accident Report Sheets
- Pen
- Instant Ice Packs
- Antiseptic Wipes
- Glucose Tablets
- Assorted Plasters
- Gloves
- Scissors
- Wound Strips
- Large Tape
- Small Tape
- Microporous Tape
- Freeze Spray/Cream
- Heat Spray/Cream
- Triangular Bandages
- Conforming Bandages
- Crepe Bandages
- Gauze

No ingestible medication is to form part of the First Aid contents. Members taking any kind of prescribed or non-prescribed medication **MUST** inform their coach.