Every team shall have a dedicated First Aid kit, which will be made available at every formal team session. The kit shall comprise the items below. It will be the responsibility of the Manager/coach to ensure the kit is regularly inspected and replenished as required against the list. A copy of the list below shall be held in the kit for reference.

**ITEM CHECKED**

Ice Packs x2

Mouth Piece x1

Eyepads x2

Thermal Blanket x2

Gloves

Eye Wash 4x 20ml bottles

Plasters x20

Safety Pins x6

Dressing (12x12) x6

Dressing (18x18) x6

Triangle Bandage x6

Antiseptic Wipes x6

Please note

Items not permitted within First Aid kits

Heat or Cold spays

Heat or Cold rubs (i.e. Deep Heat)

Painkillers

Or anything defined as a Medication under Medicines Act 1968, including items that can be bought Over the Counter.

If a player requires such medication, it must be either self-administered or administered by their parent.