

OGHA Trainer's Equipment Checklist



- If necessary obtain an OGHA First Aid Kit

First Aid Kit should include (see

http://hdco.on.ca/web_pdf/First%20Aid%20Kit%20Recommended%20Items.pdf):

- | | |
|---|---|
| <input type="checkbox"/> 1 roll of pre wrap | <input type="checkbox"/> 10 4x4 gauze |
| <input type="checkbox"/> 2 rolls of athletic tape | <input type="checkbox"/> 1 roll of 4" stretch gauze |
| <input type="checkbox"/> 2 – 4 tensor bandages | <input type="checkbox"/> 1 container of petroleum jelly |
| <input type="checkbox"/> 2 triangular bandages | <input type="checkbox"/> 4 – 8 Ziploc bags |
| <input type="checkbox"/> 1 bag of sterile cotton tipped applicators | <input type="checkbox"/> 1 pair of bandage scissors |
| <input type="checkbox"/> 1 box of knuckle dressings | <input type="checkbox"/> 10 pairs of barrier protective gloves |
| <input type="checkbox"/> 1 box of fingertip dressings | <input type="checkbox"/> 1 container of hand sanitizer or wipes |
| <input type="checkbox"/> 2 boxes of assorted elastic stretch strips | <input type="checkbox"/> 1 pocket mask |
| <input type="checkbox"/> 10 sterile pads | <input type="checkbox"/> Instant Ice packs |

Other items that are recommended to have in a trainer equipment kit:

- For Peewee through Intermediate teams there should be tampons/pads in the trainer's kit. Not usually necessary at Atom
- Hair elastics!
- Kleenex
- tweezers for splinters
- extra neck guard
- extra mouth guard (if a child uses this it is theirs, and the family should purchase a new one to replace the one in the kit)
- extra jill/shorts
- helmet repair kit
- Phillips screw driver
- Box cutter
- Small hack saw to cut sticks
- Vice grips or pliers
- extra skate laces
- hockey tape, clear, white and black
- scissors (for trimming mouth guard and other stuff)
- small zip lock bags (for lost teeth)
- skate sharpening stone
- padlock for dressing rooms if den moms do not have one
- All player medical forms and other paperwork such as the HTCP manual should be kept in three ring binder for the duration of the season. These contain private information and should only be viewed by the trainers. Forms should be returned to the family at the end of the season.