

ACCIDENTS and FIRST AID

We all know that accidents happen in speed skating and they happen at practices as well as during competitions which is why we have to be prepared. All clubs must maintain a well stocked first-aid kit and keep it readily available rink-side at all practices.

All accidents requiring attention should be recorded on a BCSSA injury report form and sent to the BCSSA Office immediately. The injury report is included in this Pre-season package, all competition sanction packages, e-mailed to the coaches and posted on our website.

Coaches are encouraged to take first aid training.

Club First Aid Kit

- ✓ 2 eye patches
- ✓ 1 plastic eye patch
- ✓ 15-30 plain strip dressings (band-aids)
- ✓ 3-4 triangular cotton arm slings
- ✓ 10-15 elastic knuckle dressings
- ✓ 10-15 elastic finger tip dressings
- ✓ 1-2 pressure bandages
- ✓ 1 pair of bandage scissors
- ✓ 2 – 3" tensor bandage rolls
- ✓ 2 – 4" tensor bandage rolls
- ✓ 2" x 2" sterile gauze dressings (small box)
- ✓ 3" x 3" sterile gauze dressings (small box)
- ✓ 6-8 sterile non-stick dressings (Telfa type) 2" x 3" is best
- ✓ 2 rolls 1" adhesive gauze roller bandages
- ✓ 3 rolls 3" adhesive gauze roller bandages
- ✓ 1 pack assorted steri-strip closure dressings (10 large and 10 medium)
- ✓ 4-5 3" compressed bandages
- ✓ 1 roll 1/2" micropore adhesive tape
- ✓ 1 roll 1 1/2" pink plastic strapping adhesive
- ✓ sufficient quantity assorted mole skin pads, foam pads and bunion pads for use over or under skater's foot and ankle blisters
- ✓ 3-4 instant ice packs
- ✓ Ziplock bags to put arena snow in
- ✓ 5 or more AllSport insurance claim forms
- ✓ 10 or more BCSSA injury report forms
- ✓ 1 first aid record book (available at medical supply outlets)

Accidents and First Aid continued.....

All first aid supplies should be kept in a metal "First Aid" box purchased at a medical supply outlet. If cost is a factor, you can use a hinged-lid rectangular plastic storage container available at most stores.

Note: This kit should contain dry dressings only. These stop bleeding, protect injured areas and prevent swelling while you get the skater appropriate medical attention as soon as possible.

Keep all ointments, creams and disinfectants out of the kit! They are not needed and can cause serious harm if misused by untrained people.

The kit should be maintained and refilled regularly as items are used. Extra supplies can be kept in a clean Ziplock at home by the person who is in charge of maintaining the kit, along with a list of what the kit should contain. Label reusable items such as scissors, slings, tensors, etc. as these have a tendency to be "borrowed" and not returned.

The contents of the kit are intended for minor injuries only or for maintaining more serious injuries ONLY until trained ambulance attendants, emergency room staff or the skaters' doctor can take over.

ALL injuries which use supplies from the kit should be recorded in the First Aid record book, so that your club is aware of who is using the kit and for what purpose and to help track kit items which may go astray.