



Antigonish Minor Hockey Association - SAFETY.

**Standardized First Aid Kits.
Emergency Action Plans.**

**Jane Anne Howard, CCFP-EM
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Standardized First Aid Kits



- Based on Hockey Canada Recommendations on the *Hockey University ONLINE-Safety Course*.
- Based on use by Providers with HSCP-2 (Level C CPR).
- Kit Contains Kit List Recommendations from *Hockey Canada*.
- With cooperation with StFX Athletic Therapy.
 - Bought in bulk for 40 TOTAL first aid kits.
 - Consider Kits for each site (Antigonish Arena & KMC).
 - Consider AED kit & “Major Bleed” kit for each site.

Standardized First Aid Kits



Product Name	Amount per Kit
Athletic Tape	3 rolls
Tensor Bandage 2"	2 rolls
Tensor Bandage 4"	2 rolls
Tensor Bandage 6"	2 rolls
Triangular Bandage	2
Knuckle Bandaids	20 bandaids
Finger Bandaids	20 bandaids
Non-Adherent Gauze	10 packs
4x4 Gauze (non sterile)	1 large pack
Gauze rolls 4"	1 roll
Skin lube / vaseline	1 small container
Gloves (small)	5 pair
Gloves (medium)	5 pair
Gloves (large)	5 pair
Pocket Face Mask	1 mask
Hand Sanitizer	1 small bottle
Alcohol swabs	50 pads
Breakable Ice Packs	4 packs
Ice Bags	20 bags
Sling (shoulder)	1 sling
Tweezers	1 set
Nail clippers	1 set
Scissors	1 set
Concussion Tool Sheet	1 laminated
Hockey Canada Injury Report Forms	3 in plastic sleeve
Player Health Information Forms	1 plastic sleeve

Standardized First Aid Kits

AMHA First Aid Kit

- 1 per team.
- Managed by Safety Rep and / or Team Manager.
- Keep stocked & follow up with Safety Rep on AMHA board for supplies.



AMHA First Aid Kit

- Top “shelf” carries:
 - Scissors.
 - Nail clippers (hang nails, etc).
 - Tweezers (splinters from sticks).



AMHA First Aid Kit



- Middle “shelf” carries:
 - 4” Gauze roll — for packing a deep wound (not really for “wrapping an injury”).
 - Pocket face mask — for performing mouth to mouth during CPR.



AMHA First Aid Kit

- Bottom “shelf” carries:
 - 2 pens.
 - 1 sharpie.



AMHA First Aid Kit

- Bottom Left Corner of Base carries:
 - Breakable ice packs x 4.



AMHA First Aid Kit

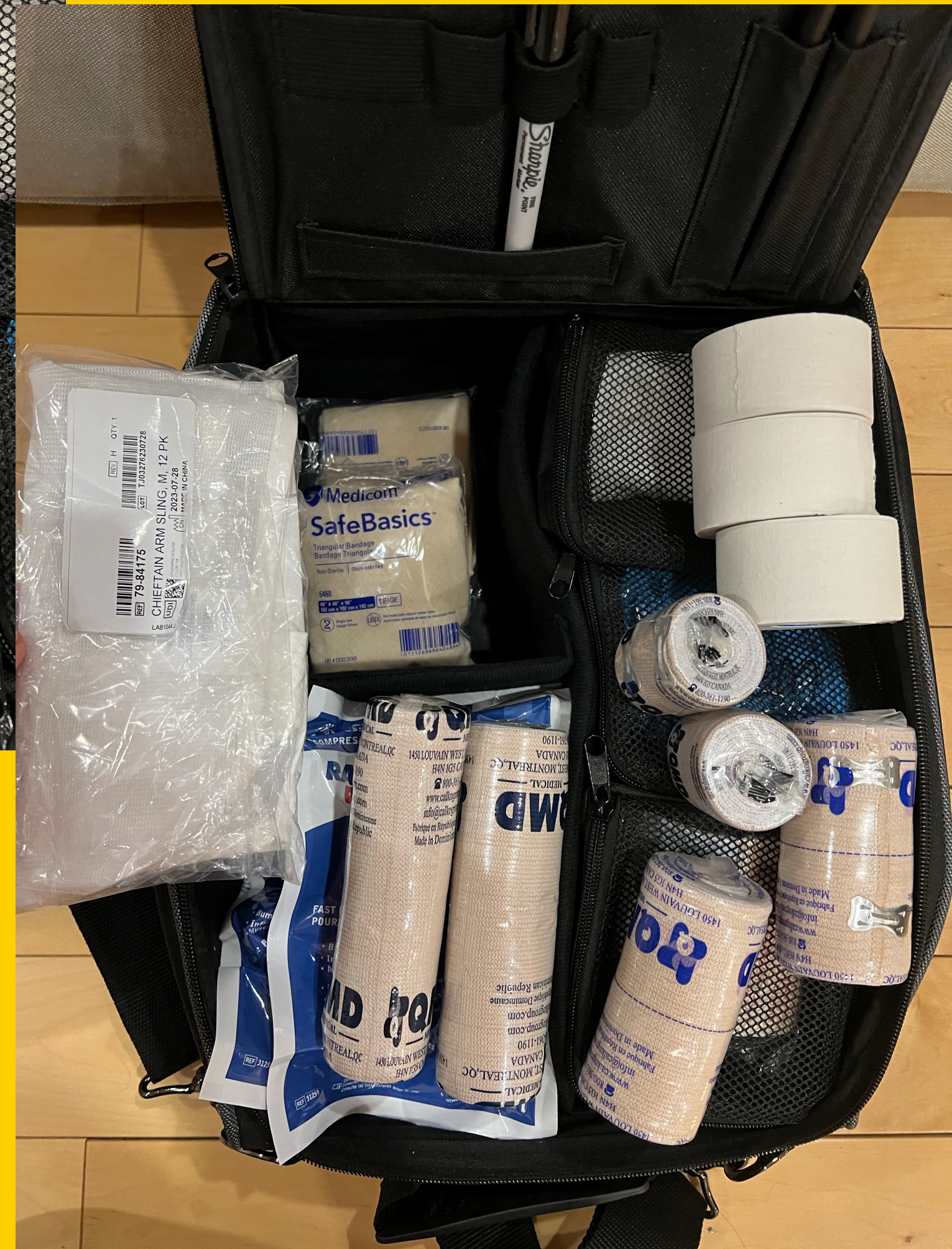
- Top Left Corner of Base carries:
 - “Sprains & Strains Kit”.



AMHA First Aid Kit



- Top Left Corner of Base carries:
 - “Sprains & Strains Kit”
 - 2” tensor wrap x2 rolls.
 - 4”tensor wrap x2 rolls.
 - 6” tensor wrap x2 rolls.
 - Tape x3 rolls.
 - Triangular Bandages x2.
 - Shoulder Sling x1.



AMHA First Aid Kit



- Top Left Corner of Base carries:
 - Arm/Shoulder Sling.



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AMHA First Aid Kit

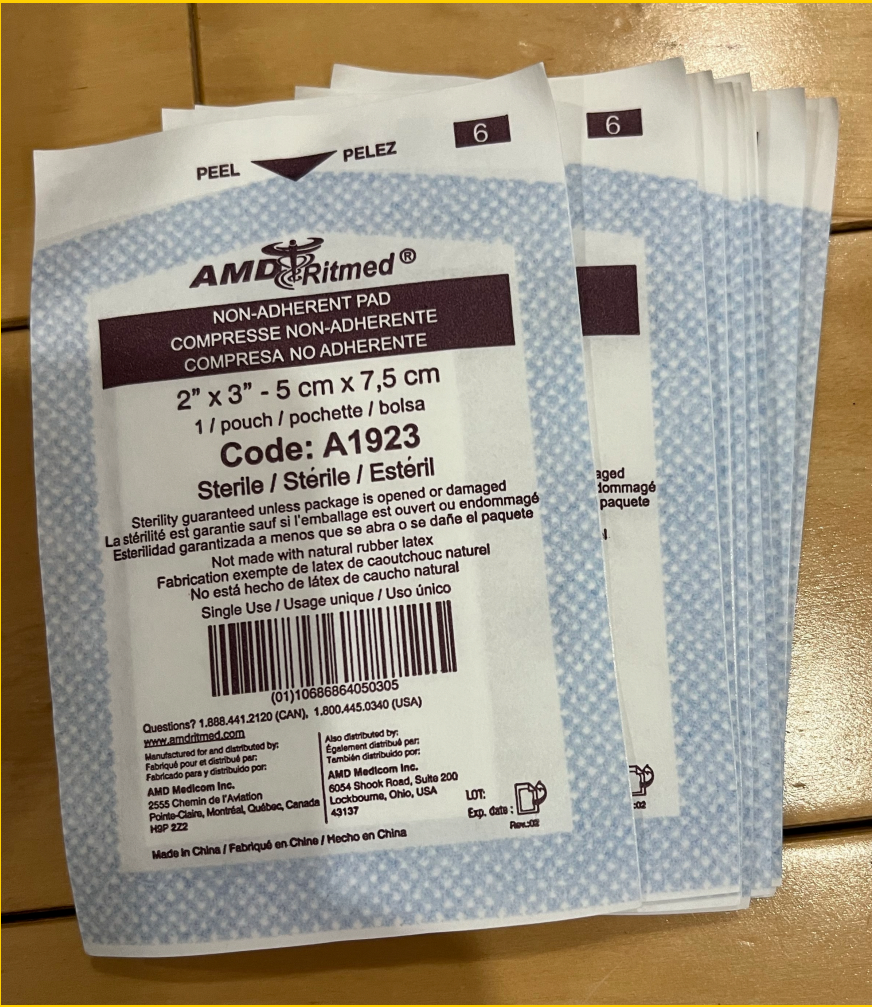
- “Wound / Cut Kit”
 - Finger bandaids x20.
 - Knuckle bandaids x20.
 - Sterile gauze pkg x10.
 - Alcohol swabs x50.
 - Vaseline / skin lube x1.



AMHA First Aid Kit



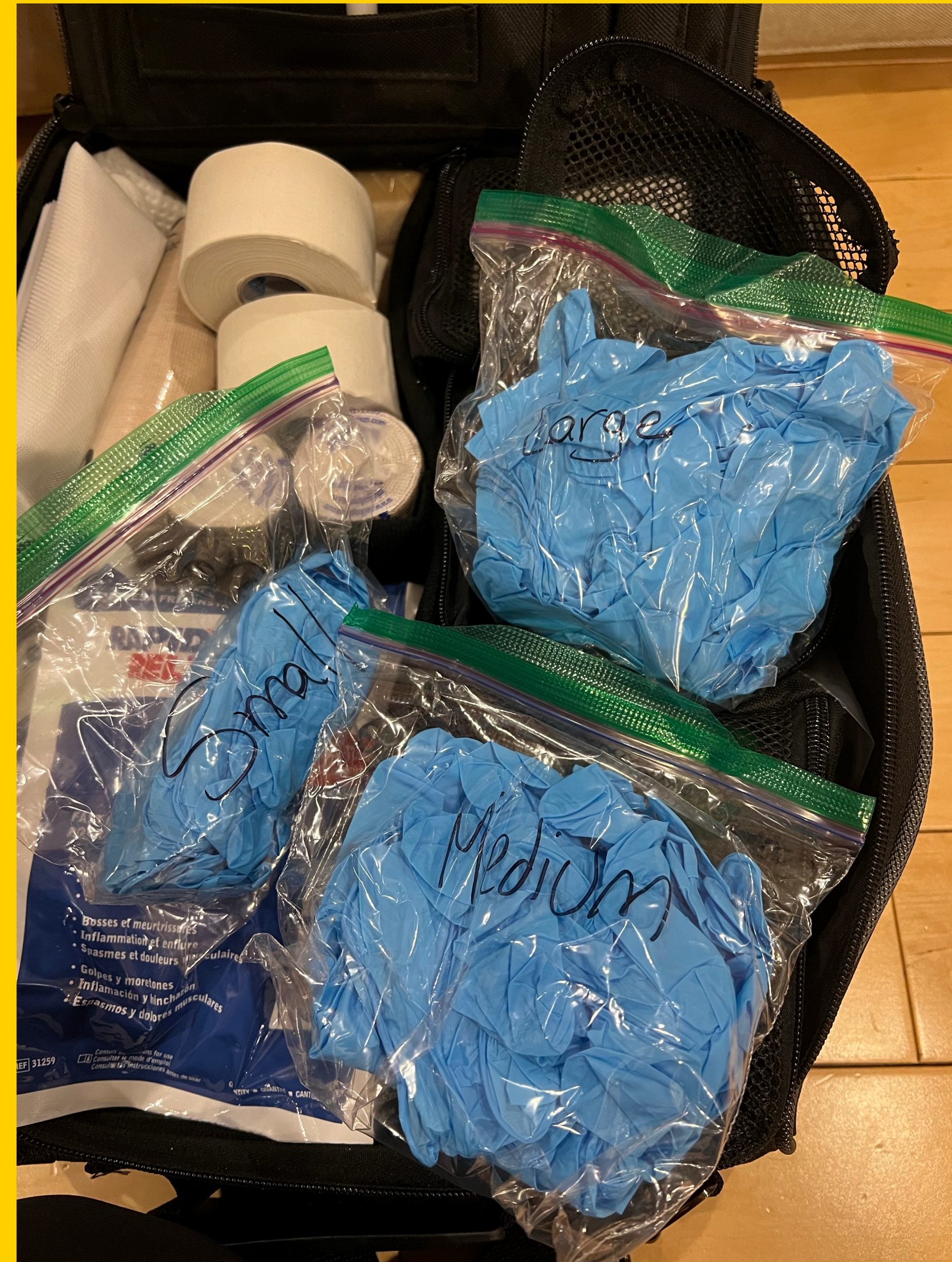
- “Wound / Cut Kit”



AMHA First Aid Kit



- Middle Right Side of Base carries:
 - Non sterile gloves-
 - Small x 5 pairs.
 - Medium x 5 pairs.
 - Large x5 pairs.



AMHA First Aid Kit



- Upper Right Side of Base carries:
 - Non Sterile Gauze-
 - 1 large pack.



AMHA First Aid Kit



- Along Right Side of Base carries
- Ice Pack Bags x2
 - (Consider ice machine or ice/snow from Zamboni).



AMHA First Aid Kit

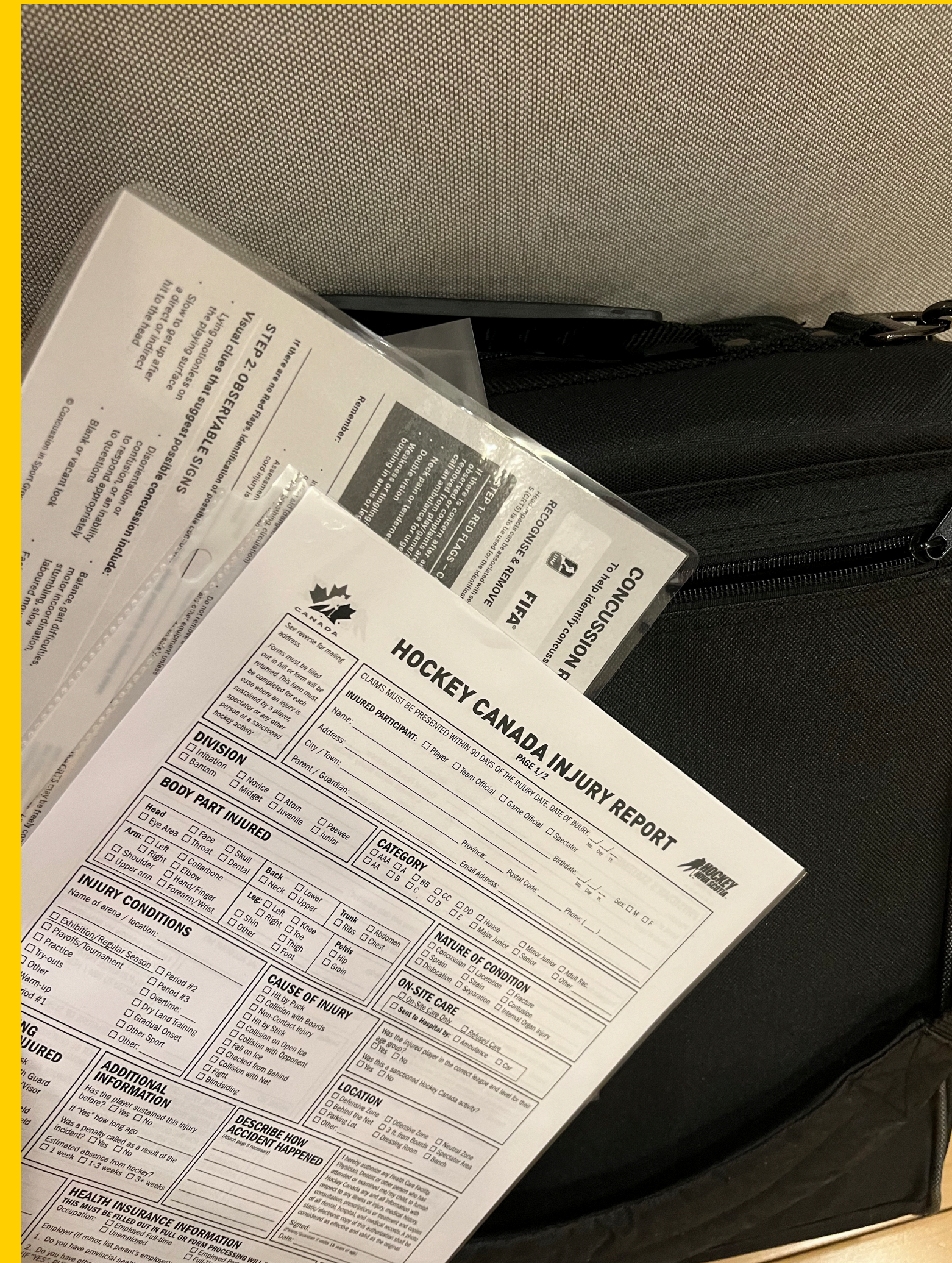
- Front Pouch carries:
 - Hand Sanitizer x 1.



AMHA First Aid Kit



- Back Zipped Pouch carries:
 - “Paperwork” -
 - Laminated Concussion Tool.
 - Hockey Canada Injury Report Form x 3 in one sleeve.
 - Player Health Information in one sleeve.



AMHA First Aid Kit

- “Paperwork”-



AMHA First Aid Kit



- Side Label
- Labelled for each team each season — i.e. U13AAA 2023-2024.





Emergency Action Plans (EAPs)

- EAP for each site.
- See attached PDFs.



	GAME DAY EAP
LOCATION	Antigonish Arena. 30 James St. Antigonish, NS. Arena Manager: 902-863-1469 *** if EHS called instruct ambulance to come to Zamboni entrance at far end of building near barns. AED is located at the main entrance of the arena.
NEAREST HOSPITAL	St. Martha's Regional Hospital. 25 Bay St. Antigonish NS. Switchboard: 902-863-2830 

	GAME DAY EAP
LOCATION	STFX Charles V. Keating Centre Arena. 1100 Convocation Drive. Antigonish, NS. StFX Security Phone: 902-867-4444. *** if EHS called instruct ambulance to come to Zamboni entrance at South End of building. AED is located by the skate sharpening shop in the locker room hallway between the Main and Aux ice surfaces.
NEAREST HOSPITAL	St. Martha's Regional Hospital. 25 Bay St. Antigonish NS. Switchboard: 902-863-2830 

Questions???



- Contact AMHA Safety Rep on the Board for supplies & storage during off-season.
- ALL TEAMS ARE RESPONSIBLE FOR FIRST AID KIT & IT'S RETURN AT END OF YEAR.
- AMHA First Aid Kit — Created by Jane Anne Howard, CCFP-EM Winter 2024.
 - Contact via email jhoward@mediplex.ca