

Cumberland County Minor Hockey Association – Policy Manual

CATEGORY: Equipment	LAST REVIEW: 2025
POLICY NUMBER: 9.4	DATE APPROVED: May 29, 2025
TITLE: First Aid Kits	
PURPOSE: This policy directs First Aid kits requirements by CCMHA.	
RELATED GUIDELINES/DOCUMENTS: Safety Requires Teamwork and Safety for All (Hockey Canada) http://cdn.agilitycms.com/hockey-canada/Hockey-Programs/Safety/Insurance/Downloads/safety_teamwork_e.pdf	

1. INTRODUCTION

Each team is responsible to have one (1) First Aid kit of Hockey Nova Scotia standard for each team. First aid kits are to be replenished as required and are to be funded by the team.

First aid kits are required at all team activities on and off the ice.

2. FIRST AID STANDARD CONTENTS

The best kit is one which contains only the supplies you use most often. There is no reason to carry a wide variety of items if you do not know how to, or are not qualified to, use such items.

You should carry a list of all emergency telephone numbers in your kit, including ambulance, fire department, police and general emergency.

The following is a recommended list of items you should include in your first aid kit. Whenever you use an item you should replace it immediately to ensure your kit remains fully stocked.

Amount	Item	Application
1	Soft, sturdy kit/box	A durable waterproof kit which holds all supplies in one place and is easily transportable.
1 roll	Pre-Wrap	Covers and protects skin when taping an injury.
2 rolls	1 ½" athletic tape (low grade)	Protects exposed injuries and provides support for injured joints.
2 - 4	Tensor bandages – 2", 4" or 6"	Use for injury support and compression over soft-tissue injuries. The size of the injured area dictates the appropriate tensor size.
2	40" cotton triangular bandages (slings)	Use for injury support/slings or to apply pressure.
1 bag	Sterile cotton-tipped applicators	Use to clean wounds.
1 box	Knuckle dressings	Cover cuts in unusual areas – knuckles, web spaces, etc.
1 box	Fingertip dressings	Cover cuts on fingertips.
2 boxes	Elastic stretch strips in assorted sizes	To cover all minor skin wounds – blisters, lacerations, etc.

Cumberland County Minor Hockey Association – Policy Manual

10	Sterile pads (non-adhering)	Used to cover cuts and abrasions. Non-adhering so they will not stick to the wound.
10	4" x 4" gauze	To control bleeding and cover wounds – use over non-adhering dressings.
1 roll	4" stretch gauze	Covers and compresses wounds.
Amount	Item	Application
1 container	Petroleum jelly	Use to reduce friction in the case of blisters.
4 - 8	Ziploc plastic bags (various sizes)	Hold ice, contaminated or bloody materials – gloves, compresses, etc.
1 pair	Bandage scissors	Cut dressings, tape, equipment, etc.
10 pairs	Barrier protection gloves	Medical non-latex gloves. Must be worn at all times when attending to an injured player.
1 Container	Hand sanitizer or wipes	Alcohol based. Ensures clean hands when dealing with injuries or when immediate access to hand washing is not available.
1	Pocket Mask	Use when there is mouth to-mouth contact for CPR or artificial respiration.
1 2	Note pad/pencil Working pens	Use to take notes (or write reminders for yourself) and record injuries. -- Ice Apply to soft-tissue injuries.
1+	Cloth/Disposable Masks	For use during the COVID-19 pandemic.

3. REVIEW

The Policy will be reviewed by Cumberland County Minor Hockey on an annual basis.