

# How to COACH GIRLS

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## Emergency Medical Kit for Practices and Games

- Roll of toilet paper or large box of tissues (also comes in handy for those locations where there are no bathroom facilities).
- Cotton wool soaked in Otrivin for nose bleeds.
- Baby wipes.
- Ice packs.
- Band-Aids.
- Cell phone numbers of all the parents.
- Latex Gloves.
- Saline and contact cases for players with contacts.
- A back-up pair of contacts for all players who wear contacts in case they lose one. Ask each player to put their contact lenses in a labeled zip lock bag.
- Plastic bags to dispose of bloody gauze, etc.
- Hydrogen Peroxide (very useful for getting blood out of a jersey).
- Feminine hygiene products for teenage girls.
- REMEMBER: Put your emergency medical kit in the car and bring it out during practices and games, just as you would with other equipment such as cones and balls.