



Game Day First Aid & Safety Checklist

Review before every season and before every game.

Sports First Aid Kit

☐	Kit clean and in good condition
☐	Accessible during training and games
☐	Clearly labelled
☐	Appropriate size for the team
☐	Portable for away games

Essential Supplies

☐	Adhesive dressings
☐	Sterile wound dressings
☐	Combine dressings
☐	Gauze swabs
☐	Compression bandages
☐	Conforming bandages
☐	Triangular bandages
☐	Instant cold packs
☐	Burn gel & burn dressings
☐	Disposable gloves
☐	CPR face shield
☐	Saline solution
☐	Trauma scissors
☐	Tweezers
☐	Notebook & pen

Match Day Essentials

☐	Cold packs available
☐	Drinking water available
☐	Mobile phone charged
☐	Emergency contacts available
☐	Ground address known for emergency services

Emergency Preparedness

■	Coaches know where the first aid kit is stored
■	Emergency Action Plan reviewed
■	Nearest AED location identified
■	Team members know who is first aid trained
■	Emergency access points kept clear

Before Every Training Session

■	First aid kit brought to training
■	Cold packs available
■	Gloves stocked
■	Dressings replenished
■	Communication device available

Before Every Match

■	First aid kit available on the sideline
■	Coach/team manager knows emergency procedures
■	Incident record forms available
■	Weather conditions assessed
■	Playing surface inspected for hazards

Away Games & Carnivals

■	First aid kit packed
■	Additional cold packs packed
■	Extra dressings packed
■	Vehicle first aid kit checked
■	Emergency contact list packed
■	Venue emergency procedures known

Monthly First Aid Kit Inspection

■	Expiry dates checked
■	Used items replaced
■	Gloves replenished
■	Cold packs replaced if required
■	Burn treatment supplies checked
■	Saline checked
■	Compression bandages replaced if damaged

Clubhouse & Facilities

■	Clubhouse first aid kit checked
■	Kitchen first aid kit available
■	Public AED maintained
■	Emergency signage visible
■	Emergency exits clear

Seasonal Review

■	Inspect every first aid kit
■	Replace expired products
■	Replenish consumables
■	Review emergency procedures
■	Check AED battery and electrode expiry dates
■	Confirm coaches and volunteers know emergency contacts

Trainer Reminder

Remove any player with a suspected concussion from play immediately.

Do not attempt to relocate suspected dislocations.

Call 000 for serious injuries or medical emergencies.

Record significant incidents according to your club procedures.

First Aid Kits Australia | www.firstaidkitsaustralia.com.au