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The Spectator's First Aid Kit  
01/12/2004

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It is not only important for coaches to be prepared in emergency situations, but for parents and friends to be prepared as well. The National Center for Sports Safety recommends that spectators carry a first aid kit of their own to games and practices. This kit should include the items listed below.

- Sport Safety Training Injury Prevention and Care Handbook
- Non-powdered Barrier Gloves
- Resuscitation mask/face shield
- Cold Pack
- Bandage Strips
- Patch Bandage
- Elastic Fabric Flexible Bandage
- Kling Roller Gauze
- Eye Dressing Kit (Eye Patch and Clear Medical Tape)
- Eyewash
- Adhesive Tape
- Antibiotic Ointment
- Anti-septic wipes
- Alcohol Wipes
- Triangular Bandage for sling
- Insect Sing Ointment
- Hydrocortisone Cream
- Sun Block (30) SPF
- Insect Repellant
- Scissors
- Tweezers

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- Sports Training - How Much is Too Much?
- Athletic Nutrition for Young Athletes
- Benefits of Stretching
- Care and Prevention of Ankle Sprains

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