



3205 Forest Glade Drive, Windsor, ON, N8R1W7
SPFAHockey.com

Sun Parlour Female Hockey Association Recommended Trainer's Kit

The six things you will use the most

- Instant cold packs (disposable one-time use)
- Ziplock bags for snow, in lieu of disposable cold packs
- Hair elastics!
- Band aids various sizes (for little cuts or more often blisters on feet in new skates)
- Kleenex
- Disposable surgical gloves (runny noses, teeth falling out, touching mouth-guards and treating cuts)
- Hand sanitizer

Other first aid materials used less frequently:

- Gauze and medical tape
- Tensor bandage (used only by someone who has been trained in wrapping)
- Sling for arm (as above)
- Antiseptic wipes
- Tampons/pads in the trainers kit (typically at the older age groups)
- Tweezers for splinters

Hockey specific materials to have:

- Extra neck guard
 - Extra mouth guard
 - Extra jill/shorts or garter
 - Helmet repair kit
 - Extra skate laces
 - Hockey tape, clear, white and black
 - Scissors
 - Lighter (for burning ends of frayed laces)
 - Skate sharpening stone
 - Padlock and key (for dressing rooms)
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- All player medical forms should be kept in the trainers kit in a Ziplock bag for the duration of the season. These contain private information and should only be viewed by the trainers. Forms should be returned to the family at the end of the season.