

**APPENDIX P**

**CARLETON COLLEGE  
SPORT CLUB PROGRAM**

**FIRST AID COMPLIANCE**

Club Sport Name \_\_\_\_\_

Club Safety Officer/s (Print Name) \_\_\_\_\_  
\_\_\_\_\_

Date \_\_\_\_\_

The club sport safety officer verifies by signature ( \_\_\_\_\_ / \_\_\_\_\_ ) that the club possesses a first aid kit, stocked sufficiently with supplies as outlined below and this kit will be on hand at every club practice and competition.

The club sport safety officer (signature \_\_\_\_\_ / \_\_\_\_\_ ) verifies that the kit will be restocked with first aid supplies as they are depleted.

In addition the safety officer/s verifies that they are certified in Standard First Aid and CPR for adults, and that they will be at every club practice and competition.

Signature \_\_\_\_\_

Signature \_\_\_\_\_

**Safety Officer is responsible for checking the contents of the First Aid kit against this list. If items are missing or used up then contact the Rec. Director for additional supplies.**

Contents of the First Aid Kit

2 combine dressings

4x4 and 3x3 gauze sponges

gloves

alcohol prep pads

tape (2) 1", (2) 1/2", (2) 1/4"

Band aids

Sling

Stereo strips

Anti-biotic ointment

Bottle of peroxide

Cotton tipped applicators

Ace wraps: two 2" and two 4"

2 rolls cotton bandage

Refills obtained from the Athletic Training Room at the Recreation Center