

## **Belgian Quidditch Federation First Aid Kit Suggestion**

Please note that this document is merely a suggestion on the contents of your first aid kit and not a norm. Each home team is, however, required by BQF to have a first aid kit during League Games and each team should have a first aid kit as the as the ability to provide proper first aid can be crucial in the event of an accident.

### **CONTENTS OF MY KIT**

#### **PLASTERS AND BANDADGES**

- Crepe bandages 3x5 cm and 7x5 cm
- Gauze bandages 4 cm and 6 cm
- Sports tape 2,5 cm and 4 cm
- Pressure bandage 12x14 cm
- Self-adhesive fixation winder 4 cm
- Triangular bandage + safety pins
- Gauze pad 5x5 cm and 10x10cm
- Non-adhesive pad 5x5 cm and 10x10 cm
- Water-resistant wound plasters
- Blister plasters
- Adhesive plaster for bandages

#### **FIRST AID MATERIALS**

- Alcohol gel (to clean your own hands before and after providing first aid)
- Instant cool packs
- Bandage scissors
- Scissors with fine tips
- Splinter tweezers
- Tick pliers
- Sterile needles and needle container
- Isolation blanket
- Disposable vinyl gloves
- Bag mask or safe kiss breathing mask

#### **DISINFECTANT**

- Aqueous, non-coloured disinfectant
- Disinfectant alcohol

#### **DOCUMENTS**

- Manual 'first aid for sports accidents'
- Insurance documents
- List with important phone numbers (ambulance -100 or 112-, fire brigade -100 or 112-, police -101 or 112-, Belgian Poison Centre -070 245 245-, local general practitioner, ...)