

# From the Sidelines



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## First aid kits can't go wireless

**T**he American Red Cross recommends all 10 items listed below be included in a basic first aid kit, which every reader should have access to in the work place. People can tailor their kit depending on their needs.

1. *American Red Cross Emergency First Aid Guide* (to reference in case you don't know or can't remember what to do)
2. Non-latex gloves (to prevent body fluid contact)
3. Assorted sizes of self adhesive bandages, sterile gauze and adhesive tape (to cover and protect open wounds)
4. Tweezers (to remove splinters or ticks)
5. Scissors (to cut tape, cloth or bandages)
6. Instant cold compresses (to control swelling)
7. Triple antibiotic ointment (to prevent infection)
8. Breathing barrier (to prevent disease transmission while giving rescue breaths)
9. Emergency blanket (to prevent heat loss and to treat for shock)
10. Aspirin (chewable) 81 mg (for chest pain)

Many of you are leaders for your athletes and that's one reason the American Red Cross and the United States Olympic Committee teamed up to develop a comprehensive course to help anyone else working with athletes prevent, prepare for and respond to sports-related injuries. Sport Safety Training lets you choose from the following training options: Sports Injury Prevention and First Aid; Adult and/or Child CPR; and Adult and/or Child Automated External Defibrillation. Course participants receive the Sport Safety Training handbook that contains injury prevention information and step-by-step instructions for responding to a variety of emergencies.

The Red Cross recommends having a durable kit in all vehicles and in the office. See <http://workplace.redcrossstore.org/shopper/ProdList.aspx?LocationId=28> for a full list of Red Cross first aid kits.

### 2011 STMA Conference fees still at 2009 levels

The 22nd event is scheduled for January 12-15 in Austin, TX. Registration fees remain the same as 2 years ago despite the organization's adding a full day of workshops on Wednesday again next year. The hump day sessions in Texas include: Sports Turf Pest Control Update for 2011 (qualifies for Pesticide Recertification Credits); Managing Athletic Fields without Traditional Pesticides: Cultural, Organic, and Alternative Pest Management (qualifies for Pesticide Recertification Credit); What's New in Warm Season Grass Management; Native Soil Field Improvement and Construction: Making the Best of What you Have; and New Technology: Gadgets and Gizmos.

And that's all before the official opening of the conference, which also includes the Awards Banquet, certification exams (including new this year, the ASBA field builder exam), chapter officer training, the best trade show exhibit for sports turf managers anywhere, networking sessions, Seminars on Wheels tours, golf tournament, student activities and more.

In all more than 90 hours of education will be offered, 20 hours of networking, and most meals are included. But perhaps the best reason to be in Austin? Sharing laughs with old and new friends.

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