



# Team Cutman Equipment List:

Team Cutmen may use the following equipment:

## Equipment Permitted at the Boxer's Corner

- **Two cooler bags:** to store your hemostatic agents and one foldable cooler bag to store ice. Maintains the temperature of the ice for longer and provides a barrier for the hemostatic agents e.g. not exposed to light or the outside environment. Easily carried to the ring, does not take up excessive space in your luggage travelling to events, and far more hygienic than compartmental buckets.
- **\*Bucket:** preferably with 2 compartments
- **Gauze pads:** to directly clean the wound (e.g. 10X10X8 Ply Sterile Gauze)
- **Small face towels:** to clean general blood spatter
- **Swabs:** itchy mitch dog ear swabs, or can be hand made
- **Coagulants:**
  - **Alginate dressings:** 5cm x 5cm Kelostat cheaper or Qwick-AID which can be cut into 3-4 strips. Alginate dressings are highly recommended coagulants.
  - **Avitene, Instat, Thrombin, Surgicel, Gelfoam, Collodion.** Some of these products can be very expensive and of difficult utilization.
  - **Adrenaline 1:1000:** must be handled with great care due to its hazardous nature and possible misuse. Furthermore, under the AIBA "No Needle Policy", it is prohibited to introduce needles to the FOP and, therefore, its extraction could be problematic.
- **Nasal wool:** to be applied directly into the nostrils
- **Cotton wads and/or soft bandages**
- **Petroleum Jelly (Vaseline), or Cocoa Butter:** in sachets, a tube, or in a container and a small scoop to take the petroleum jelly from the container e.g. similar to that of an ice cream scoop. This is far more hygienic than putting your hands back in the same container of petroleum jelly after treating an open wound, or after multiple use, as this contaminates the container
- **Wrist bands:** that sit off the wrist which encompass the wrist and have multiple holding sections for swabs and alginate. Sweat bands will not be allowed as they are extremely unhygienic e.g. the dyes from the materials and contact of hygienic materials on the wrist or hands may contaminate the swabs. Always wash after use.
- **Alcohol or sterile wipes:** to clean blood spatter from any area that has contacted blood
- **Re-sealable bags for ice:** 90cm/3.5" x 120cm/4.5" by far a better tool to use than cooling irons. Ice maintain temperature for longer, can be disposed of after use, moulds to the contours of the face and are cheap to purchase.
- **\*Cooling Iron/Enswell**



- **Bio – Hazard Waste bags:** to contain used swabs, alginates, nasal wool or any equipment that has been used on an open wound
- **Surgical gloves:** to be changed regularly to avoid cross-contamination
- **Zinc Oxide adhesive tape**

### **Equipment not Permitted in the Boxer's Corner:**

- **Blunt scissors:** to be used for hand wrapping in the locker-room (e.g. Tufkut scissors). Only blunt edge scissors are allowed for hand wrapping.
- **Aloe Vera gels:** great for cut prevention. When correctly applied on the boxer's face on the days before competition, it may render the skin considerably more elastic and, therefore, more resistant to lacerations and cutting.

### **Equipment Provided by the LOC in AIBA 3-Star Events**

- **Water bottles**
- **Ice**
- **Bandage:** for hand wrapping. 3 rolls per boxers (each roll is 15m x 5cm)
- **Tape:** for hand wrapping 2 rolls per boxer (each roll is 10m x 2.5cm)

**IMPORTANT:** As a precautionary measure, it is always advised to check the composition of any product before using it. This is to avoid possible allergic reactions and the absorption of WADA Prohibited Substances in the athlete's body. Please refer to the WADA Prohibited List available on <https://www.wada-ama.org/en/prohibited-list>.

*\*Two Compartment Bucket*



*\*Container with Hemostatic Agents*

