

# Health Promotion

## Overall Equipment and Supplies Totals

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Banners - Health Promotion	1 (required at station entrance) 3 (optional depending on venue)	<a href="#">Horizontal banner</a> OR <a href="#">local printing</a>	Healthy Athletes Grant	
Health Promotion Station Signs	1 per station (10 total)	<a href="#">Local Printing Required</a> <a href="#">Found in Branding Link on SOI FUNfitness</a> <a href="#">Resources Website</a>	Healthy Athletes Grant	
Station 1: Check In				
Station 2: Body Composition				
Station 3: Bone Density & Bone Health				
Station 4: Blood Pressure				
Station 5: Nutrition & Hydration				
Station 6: Hand Washing				
Station 7: Sun Safety				
Station 8: Tobacco Avoidance				
Station 9: Physical Activity				
Station 10: Check Out				
Health Promotion Clinical Guide	2	<a href="#">Local Printng Required</a> <a href="#">Found within Manuals &amp; Guides Section of SOI</a> <a href="#">Health Promotion Resources Website</a>	Healthy Athletes Grant	
Screening Reference Guides	1 for each station plus 3 extra (12 total)	<a href="#">Local Printing Required</a> <a href="#">Found in Additional Resources Section of SOI</a> <a href="#">Health Promotion Resources Website</a>	Healthy Athletes Grant	One for each station, plus two extra
Health Promotion Education Station Posters	1 for each station (9 total)	<a href="#">SOI Health Promotion Resources website</a> See Education Resources Print Locally	Healthy Athletes Grant	
Clipboards (only needed if not using tablets)	36	Local store/online (amazon)	Healthy Athletes Grant	
Pens	300	Local store/online (amazon)	Healthy Athletes Grant	
Tape (packing, masking, duct tape)	6 rolls	Local store/online (amazon)	Healthy Athletes Grant	
Scissors	2	Local store/online (amazon)	Healthy Athletes Grant	
Hand Sanitizer	25	Performance Health Henry Schein Local store/Online (e.g. amazon)	Healthy Athletes Grant	Distribute among stations
Disinfectant Wipes	10	Performance Health Henry Schein Local store/Online (e.g. amazon)	Healthy Athletes Grant	
Tissue Boxes	10	Local store/online (amazon)	Healthy Athletes Grant	
Chairs	125	Source from venue or locally	Healthy Athletes Grant	
Surge Protector + Converters	8	Local store/online (amazon)	Healthy Athletes Grant	For bone density machines. Converters for outside US.
HAS Form (if not using tablets)	3500	Local Printing Required <a href="#">HAS-Health Promotion</a>	Healthy Athletes Grant	
Small Non-Latex Gloves	2 boxes of 100	Performance Health Henry Schein Local store/Online (e.g. amazon)	Healthy Athletes Grant	
Medium Non-Latex Gloves	4 boxes of 100	Performance Health Henry Schein Local store/Online (e.g. amazon)	Healthy Athletes Grant	

Large Non-Latex Gloves	2 boxes of 100	Performance Health Henry Schein Local store/Online (e.g. amazon)	Healthy Athletes Grant	
Small/Medium Waste Basket	12	Local store/online (amazon)	Healthy Athletes Grant	1 @ each BMD Station + 2 @ Check-Out + Remaining spread throughout other stations.
Box Cutter	2	Local store/online (amazon)	Healthy Athletes Grant	
Storage Bins	12	Local store/online (amazon)	Healthy Athletes Grant	
Table Coverings	24	Source from venue or locally	Healthy Athletes Grant	
Tables	24	Source from venue or locally	Healthy Athletes Grant	

## Equipment and Supplies Needs by Station

### Station 1 - Check In

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Clipboards (only needed if not using tablets)	36	Local store/online (amazon)	Healthy Athletes Grant	
HAS Forms	3500	Local/online printing	Healthy Athletes Grant	3500 needed if not using tablets. If using tablets, 100 as backup.
Pens	50	Local store/online (amazon)	Healthy Athletes Grant	
Tables	2	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	2	Source from venue or locally	Healthy Athletes Grant	
Chairs	8	Source from venue or locally	Healthy Athletes Grant	
Storage Bin	1	Local store/online (amazon)	Healthy Athletes Grant	
Station Sign	1 per station (10 total)	<a href="#">Health Promotion Resources Page</a>	Healthy Athletes Grant	

### Station 2 - Body Composition

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Stadiometer	2	<a href="#">Amazon</a>	Healthy Athletes Grant	
Digital Scale	2	<a href="#">Seca 869 from Seca Tanita WB 800-AS from Tanita</a> SOI has a limited number for US Programs.	Healthy Athletes Grant	
Flexible Tape Measure	15	Local store/online (amazon)	Healthy Athletes Grant	
Tables	1	Source from venue or locally	Healthy Athletes Grant	
Chairs	4	Source from venue or locally	Healthy Athletes Grant	
Table Cloth	1	Source from venue or locally	Healthy Athletes Grant	
Storage Bins	1	Source from venue or locally	Healthy Athletes Grant	
Pens	25	Source from venue or locally	Healthy Athletes Grant	

### Station 3 - Bone Density & Bone Health Education

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Foam Skeleton Floor Puzzle	2	<a href="#">Amazon</a>	Healthy Athletes Grant	
Loss of a Bone Easel	1	<a href="#">Amazon</a>	Healthy Athletes Grant	
Vitamin D Supplement Bottles (5000 IU tablets) and drops (empty or filled)	4	Local store/online (amazon)	Healthy Athletes Grant	
Calcium Citrate Supplement Bottles (with or without pills)	4	Local store/online (amazon)	Healthy Athletes Grant	

Tables	2	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	2	Source from venue or locally	Healthy Athletes Grant	
Storage Bins	1	Source from venue or locally	Healthy Athletes Grant	
Pens	25	Source from venue or locally	Healthy Athletes Grant	
Chairs	14	Source from venue or locally	Healthy Athletes Grant	
<b>Bone Density Machine: GE Achilles Sahara Osteosyst</b>	4 machines	SOI as a loaner or source locally	Healthy Athletes Grant	See below for the coordinating supplies for each model.

#### GE Achilles Supplies

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Distilled Water	25 gallons	Local store/online (amazon)	Healthy Athletes Grant	
Rubbing Alcohol	50 bottles	Local store/online (amazon)	Healthy Athletes Grant	
Spray Bottles	6 empty bottles	Local store/online (amazon)	Healthy Athletes Grant	

#### Sahara Hologic

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Foot Sheets	3 boxes	Hologic	Healthy Athletes Grant	
Coupling Gel	15 tubes	Hologic	Healthy Athletes Grant	
Printer Tape (thermal)	10 rolls	Hologic	Healthy Athletes Grant	
Kim Wipes	1 box per machine/day	Hologic	Healthy Athletes Grant	4 machines over 5 days will need 20 boxes

#### Osteosys-2000/3000

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Coupling Gel	15 tubes	Osteosys	Healthy Athletes Grant	
Foot Sheets	3 boxes	Osteosys	Healthy Athletes Grant	
Kim Wipes	1 box per machine/day	Hologic	Healthy Athletes Grant	4 machines over 5 days will need 20 boxes

#### Station 4 - Blood Pressure

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Blood Pressure Machine	8	varied medical equipment suppliers <i>Henry Schein donates for SONA</i>	Healthy Athletes Grant	
Blood Pressure Cuffs	6 adult 3XL 3 pediatric	varied medical equipment suppliers <i>Henry Schein donates for SONA</i>	Healthy Athletes Grant	
Stethoscope	2	varied medical equipment suppliers <i>Henry Schein donates for SONA</i>	Healthy Athletes Grant	
Manual Blood Pressure Cuff	1-XL 1-Adult	varied medical equipment suppliers <i>Henry Schein donates for SONA</i>	Healthy Athletes Grant	
AA Batteries	36	Local store/online (amazon)	Healthy Athletes Grant	
Tables	3	Source from venue or locally	Healthy Athletes Grant	
Storage Bins	1	Source from venue or locally	Healthy Athletes Grant	
Pens	25	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	3	Source from venue or locally	Healthy Athletes Grant	
Chairs	12	Source from venue or locally	Healthy Athletes Grant	

#### Station 5 - Nutrition and Hydration

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Food Models	3	<a href="#">Available here</a>	Healthy Athletes Grant	
Variety of Empty Beverage Containers	8 different containers	Local store/online (amazon)	Healthy Athletes Grant	
Granulated Sugar	2, 5# bags	Local store/online (amazon)	Healthy Athletes Grant	
Fruit and Veggie Balloons (at least 22")	1 set	<a href="#">Amazon</a>	Healthy Athletes Grant	
Bone Health Nasco Food Models (white milk 8 oz, 4 oz, yogurt, cheese cubes, cottage cheese, string cheese)	2 sets	<a href="#">Purchase here</a>	Healthy Athletes Grant	
Tables	6	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	6	Source from venue or locally	Healthy Athletes Grant	
Chairs	21	Source from venue or locally	Healthy Athletes Grant	
Storage Bins	1	Source from venue or locally	Healthy Athletes Grant	
Pens	25	Source from venue or locally	Healthy Athletes Grant	
Ziploc Bags	1 Box Sandwich Size	Local store/online (amazon)	Healthy Athletes Grant	

### Station 6 - Sun Safety

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Beach Bag	2	Local store/online (amazon)	Healthy Athletes Grant	
Sun Hat	2	Local store/online (amazon)	Healthy Athletes Grant	
Baseball Hat	2	Local store/online (amazon)	Healthy Athletes Grant	
UV Long Sleeve Shirt	2	Local store/online (amazon)	Healthy Athletes Grant	
Tank Top	2	Local store/online (amazon)	Healthy Athletes Grant	
UV Sun Glasses	2	Local store/online (amazon)	Healthy Athletes Grant	
Sunscreen SPF 8	2	Local store/online (amazon)	Healthy Athletes Grant	
Sunscreen SPF 50	2	Local store/online (amazon)	Healthy Athletes Grant	
Regular Lip Balm	2	Local store/online (amazon)	Healthy Athletes Grant	
SPF Lip Balm	2	Local store/online (amazon)	Healthy Athletes Grant	
Table	2	Source from venue or locally	Healthy Athletes Grant	
Storage Bins	1	Source from venue or locally	Healthy Athletes Grant	
Pens	25	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	2	Source from venue or locally	Healthy Athletes Grant	
Chairs	6	Source from venue or locally	Healthy Athletes Grant	

### Station 7 - Tobacco Avoidance

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Mr. Gross Mouth	1	<a href="#">Order Here</a>	Healthy Athletes Grant	
Paper Drinking Straws	3500	Local store/online (amazon)	Healthy Athletes Grant	
Stopwatch	2	Local store/online (amazon)	Healthy Athletes Grant	
Tables	2	Source from venue or locally	Healthy Athletes Grant	
Storage Bins	1	Source from venue or locally	Healthy Athletes Grant	
Pens	25	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	2	Source from venue or locally	Healthy Athletes Grant	
Chairs	6	Source from venue or locally	Healthy Athletes Grant	

### Station 8 - Hand Washing

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
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Cambro Handwashing Station (If no sink access)	1	<a href="#">Amazon</a>	Healthy Athletes Grant	
Paper Towels	25 Rolls	Local store/online (amazon)	Healthy Athletes Grant	
Antibacterial Soap	10 Bottles	Local store/online (amazon)	Healthy Athletes Grant	
Tables	2	Source from venue or locally	Healthy Athletes Grant	
Storage Bins	1	Source from venue or locally	Healthy Athletes Grant	
Pens	25	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	2	Source from venue or locally	Healthy Athletes Grant	
Chairs	6	Source from venue or locally	Healthy Athletes Grant	

### Station 9 - Physical Activity

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Prize Wheel (or some other interactive game)	1	<a href="#">Amazon</a>	Healthy Athletes Grant	
Device to Play Music + Audio Speakers	2	<a href="#">Amazon</a>	Healthy Athletes Grant	
Yoga Mat	2	Local store/online (amazon)	Healthy Athletes Grant	
Exercise Ball	2	<a href="#">Amazon</a>	Healthy Athletes Grant	
3-Pound Dumbbell	4	Local store/online (amazon)	Healthy Athletes Grant	
Jump Rope	3	Local store/online (amazon)	Healthy Athletes Grant	
Hula Hoops	3	<a href="#">Amazon</a>	Healthy Athletes Grant	
Weighted Hula Hoops	3	<a href="#">Amazon</a>	Healthy Athletes Grant	
Table	2	Source from venue or locally	Healthy Athletes Grant	
Storage Bins	1	Source from venue or locally	Healthy Athletes Grant	
Pens	25	Source from venue or locally	Healthy Athletes Grant	
Table Cloths	2	Source from venue or locally	Healthy Athletes Grant	
Chairs	6	Source from venue or locally	Healthy Athletes Grant	

### Station 10 - Check Out

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Choose to Change Cards	800-1,200 per card topic, breakdown of this total by language will VARY BASED ON LOCATION OF GAMES	<a href="#">Local Printing Required Found in Education Section of SOI Health Promotion Resources Website.</a>	Healthy Athletes Grant	Must print in color
Athlete Health Report	3500	<a href="#">Local Printing Required Found in Education Section of SOI Health Promotion Resources Website.</a>	Healthy Athletes Grant	Gives summarized results to athlete of screening including where referrals are needed
Athlete Educational Giveaway Items	3500	Source locally	Healthy Athletes Grant or local donors	Optional. Examples include water bottles, pedometers,
Table	2	Source from venue or locally	Healthy Athletes Grant	
Table Cloth	2	Source from venue or locally	Healthy Athletes Grant	
Storage Bins	1	Source from venue or locally	Healthy Athletes Grant	
Pens	50	Source from venue or locally	Healthy Athletes Grant	
Chair	8	Source from venue or locally	Healthy Athletes Grant	

### Waiting Area

Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Chairs	32	Source from venue or locally	Healthy Athletes Grant	