

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)	Horizontal banner OR local printing	Healthy Athletes Grant	OPTIONAL: Additional Health Promotion banners beyond the required entrance banner
Health Promotion Station Signs	1 per station (10 total)	Local Printing Required Found in Branding Link on SOI Health Promotion Resources Website	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	Local Printing Required Found within Manuals & Guides Section of SOI Health Promotion Resources Website	Healthy Athletes Grant	
Screening Reference Guides	1 for each station plus 3 extra (12 total)	Local Printing Required Found in Additional Resources Section of SOI Health Promotion Resources Website	Healthy Athletes Grant	One for each station, plus two extra
Health Promotion Education Station Posters	1 for each station (9 total)	SOI Health Promotion Resources website 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 (Amazon)	Healthy Athletes Grant	Distribute among stations <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Disinfectant Wipes	10	Performance Health Henry Schein* Local store/online (Amazon)	Healthy Athletes Grant	<i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Tissue Boxes	10	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Convenience item, not required for screening
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 HAS-Health Promotion	Healthy Athletes Grant	
Small Non-Latex Gloves	2 boxes of 100	Performance Health Henry Schein* Local store/online (Amazon)	Healthy Athletes Grant	
Medium Non-Latex Gloves	4 boxes of 100	Performance Health Henry Schein* Local store/online (Amazon)	Healthy Athletes Grant	

Large Non-Latex Gloves	2 boxes of 100	Performance Health Henry Schein* Local store/online (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)	Health Promotion Resources Page	Healthy Athletes Grant	
Station 2 - Body Composition				
Standard Supply Item	Quantity Advised	Available From	Funding Source	Recommendations/ Comments
Stadiometer	2	Amazon Henry Schein*	Healthy Athletes Grant	<i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Digital Scale	2	Amazon Seca 869 from Seca Henry Schein*	Healthy Athletes Grant	<i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
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	Amazon	Healthy Athletes Grant	OPTIONAL: Educational engagement tool
Loss of a Bone Easel	1	Amazon	Healthy Athletes Grant	OPTIONAL: Educational engagement tool
Vitamin D Supplement Bottles (5000 IU tablets) and drops (empty or filled)	4	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Educational engagement tool

Calcium Citrate Supplement Bottles (with or without pills)	4	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Educational engagement tool
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	
Bone Density Machine: GE Achilles Sahara Osteosyst	4 machines	SOI as a loaner or source locally	Healthy Athletes Grant	OPTIONAL: Health Promotion screening can occur without bone density screening 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) Henry Schein*	Healthy Athletes Grant	<i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
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 Henry Schein*	Healthy Athletes Grant	<i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Blood Pressure Cuffs	6 adult 3XL 3 pediatric	Varied medical equipment suppliers Henry Schein*	Healthy Athletes Grant	<i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Stethoscope	2	Varied medical equipment suppliers Henry Schein*	Healthy Athletes Grant	<i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Manual Blood Pressure Cuff	1 XL 1 Adult	Varied medical equipment suppliers Henry Schein*	Healthy Athletes Grant	<i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
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	Available here	Healthy Athletes Grant	OPTIONAL: Visual aid for nutrition education
Variety of Empty Beverage Containers	8 different containers	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Visual aid for nutrition and hydration education
Granulated Sugar	2, 4lb bags	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Visual aid for nutrition and hydration education
Fruit and Veggie Balloons (at least 22")	1 set	Amazon	Healthy Athletes Grant	OPTIONAL: Decorations for Station
Bone Health Nasco Food Models (white milk 8 oz, 4 oz, yogurt, cheese cubes, cottage cheese, string cheese)	2 sets	Purchase here	Healthy Athletes Grant	OPTIONAL: Visual aid for nutrition and hydration education
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	OPTIONAL
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	OPTIONAL: Demonstation or giveaway item
Sun Hat	2	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Demonstation or giveaway item
Baseball Hat	2	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Demonstation or giveaway item
UV Long Sleeve Shirt	2	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Demonstation or giveaway item
Tank Top	2	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Demonstation or giveaway item
UV Sun Glasses	2	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Demonstation or giveaway item
Sunscreen SPF 8	2	Local store/online (Amazon) Henry Schein*	Healthy Athletes Grant	OPTIONAL: Demonstation or giveaway item <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Sunscreen SPF 50	2	Local store/online (Amazon) Henry Schein*	Healthy Athletes Grant	OPTIONAL: Demonstation or giveaway item <i>*Henry Schein available for Programs in US, Jamaica, Canada, and Germany</i>
Regular Lip Balm	2	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Demonstation or giveaway item
SPF Lip Balm	2	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Demonstation or giveaway item

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	Order Here	Healthy Athletes Grant	OPTIONAL: Visual aid for tobacco education
Paper Drinking Straws	3500	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Used for demonstration and education
Stopwatch	2	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Used for demonstration and education
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
Cambro Handwashing Station (If no sink access)	1	Amazon	Healthy Athletes Grant	OPTIONAL: Used for demonstration and education
Paper Towels	25 Rolls	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Used for demonstration and education
Antibacterial Soap	10 Bottles	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Used for demonstration and education
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	Amazon	Healthy Athletes Grant	OPTIONAL: Used as an incentive/engagement tool
Device to Play Music + Audio Speakers	2	Amazon	Healthy Athletes Grant	OPTIONAL:
Yoga Mat	2	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Support physical activity demonstrations
Exercise Ball	2	Amazon	Healthy Athletes Grant	OPTIONAL: Activity prop
3-Pound Dumbbell	4	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Activity prop
Jump Rope	3	Local store/online (Amazon)	Healthy Athletes Grant	OPTIONAL: Activity prop
Hula Hoops	3	Amazon	Healthy Athletes Grant	OPTIONAL: Activity prop

Weighted Hula Hoops	3	Amazon	Healthy Athletes Grant	OPTIONAL: Activity prop
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	Local Printing Required Found in Education Section of SOI Health Promotion Resources Website	Healthy Athletes Grant	OPTIONAL: Must print in color Helpful take home resource
Athlete Health Report	3500	Local Printing Required Found in Education Section of SOI Health Promotion Resources Website	Healthy Athletes Grant	OPTIONAL: Provides athletes with a summary of screening results, including any recommended referrals
Athlete Educational Giveaway Items	3500	Source locally	Healthy Athletes Grant or local donors	OPTIONAL: Examples include water bottles, pedometers, etc.
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	