

Band Camp: First Aid Monitors

First Aid at Water Station: 3 Parent Volunteers to monitor all students for signs of heat exhaustion or sun stroke—**VERY IMPORTANT, AS STUDENTS OFTEN WON'T ADMIT THEY DON'T FEEL WELL UNTIL THEY ARE REALLY SICK!!**

- 1) Bring out First Aid kit
 - a. red rolling suitcase in far cabinet of wall immediately to right upon entering Band Storage room
- 2) Watch students for signs of *heat illness (dizziness, nausea, headache, weakness, fast heartbeat, muscle cramps, high fever)*
 - a) Make students come into shade
 - i) clean cold, wet towel to neck and back
 - ii) hydrate
 - iii) rest in shade
 - iv) watch to make sure they don't progress to *heat exhaustion (intense thirst, heavy sweating, pale, cool and moist skin, muscle cramps, exhaustion, high temperature over 100 deg F, headache, dizziness, confusion, nausea, fainting, fast and weak pulse, dark urine, rapid breathing)*
 - v) **Heat Stroke is a medical emergency**
 - (1) *Dizziness, nausea, vomiting, confusion, throbbing headache, seizures*
 - (2) *Internal body temperature higher than 104 deg F*
- 2) One parent walking around students as they practice, spraying cool water onto face/neck of those who appear to be getting too hot
- 3) Watch students who don't feel well and come into the shade for asthma, cramps, stomach ache, headaches, etc.