

First Aid Instructions

Students

The Students are responsible for filling coolers with ice and water.

The students are responsible for bringing out the coolers, first aid supplies and chairs.

If for some reason this is not done, please talk to one of the directors.

Chaperones

MORNING:

Place the first aid station under breezeway (in shade) if the students are in the parking lot.

Prop glass doors open to the school hallway for easy excess to restrooms.

If students are brought to the football field, please follow and place the first aid station on track. First Aid Workers usually sit in the lower seats in bleacher.

AFTER NOON AND AFTER SCHOOL PRACTICES:

Place the first aid station by the glass doors. It should be shaded at this time.

Prop door open for easy excess to rest rooms.

First Aid Procedure

Treat conditions as they arise to your best of your ability.

Small rags and t-shirts are for cooling down. T-shirt may be soaked then tied or hang around neck. Large Towels for sitting on.

Conditions may include:

Nausea – cold wet rag, have the student sit in shade until they feel better.

Sore knees, shins, ankles – place cold packs on area. Ice packs are in freezer in band hall.

Heat – Cool them down as quickly as possible. Use wet rags and/or wet T-shirt to put around neck.

Heat Exhaustion – Fainting – Cool them down – If necessary, place in hall, lay them down. Hydrate the student with sips of water. Seek advice from directors if you believe parents should be called.

Medication – When administering medication (Tylenol, Advil, etc), please consult emergency information card in First Aid Binder to see which medication is allowed before administering them! If the student's emergency card is not available, please contact their parent before administering medication. *Please write down child's name and medication given and reason in spiral notebook in Binder.*

Information on heat exhaustion, heat stroke, and nose bleeds are in Binder.

Please have the students return to practice field as soon as they feel better. The directors do not want students taking advantage of the first aid station because of their lack of enthusiasm to practice.

Please inform the Co-Coordinator if we are becoming low on any supplies. There are extra supplies in Band Booster Room.

Never leave student unattended in band hall unless they have special permission from director. Ask every student where they are going and if they need help. Please be sure to monitor their return to practice in a timely manner. Some students are asked by directors to do various jobs. They may take longer to return to field. These students are usually leadership students.

Place dirty towels in drawstring bag (North Carolina bag). Please take home to wash and have your child return the cleaned laundry to school (if possible the next day). Please tell your child to place in band booster room on dolly.

Use garbage and/or grocery bags for trash.

After practice replace bag and supplies in band booster room. Dump the remaining water out of coolers (outside or in sink) and place upside down on dolly to dry. Replace icepacks in freezer.

Please discuss any serious sickness or injury to the director before leaving.

Thank you for volunteering.

QUESTIONS:

Contact Michelle McLees – Co-Coordinator First Aid

www.michelle.mclees@yahoo.com

Phone Number: 713-824-0708

These instructions maybe revised when need arises.