



# Walton High School Band

## *First Aid Information for Marching Band*

Parents, please follow these rules for all practices and camps:

1. Walton Band parent chaperones are available to assist all students with first aid. If your student becomes seriously ill or injured – you will be contacted. Please make sure your student knows how to contact you during practices and camp. Update your insurance and contact information as needed (contact band rep).
2. If your student is allergic to bee stings, ants, peanuts, etc. and has been prescribed an EpiPen, they must carry the EpiPen with them **and** have an extra in the Band's first aid kit.
3. If your student has asthma or Reactive Airway Disease and has been prescribed an inhaler (even if they don't often need it) they must bring an inhaler to practices and camp. If their condition is severe, please make sure an extra inhaler is in the Band's first aid kit.
4. If your student has been prescribed any type of medication (even if they don't often need it), please send the medication to camp with your student.
5. If your student is on a daily medication at camp, you can decide if your student is consistent enough to remember to take the medication or not. Walton Band parent chaperones can and will give any medication at the parent's request. Please be sure to turn medication in at the First Aid table upon your arrival at camp.
6. It is a great idea to send a few first aid supplies with your student to camp. Some suggestions:
  - Pain reliever (Advil or Tylenol)
  - Pepto-Bismol or Tums for upset stomachs
  - Band-aids, moleskin, and Neosporin for scrapes and blisters
  - Talc or Gold Bond powder to prevent chafing
  - Ace wraps for sore limbs or old sport injuries
7. Students must wear socks to all marching practices; however, no-show socks **may not be worn** as they can cause very painful blisters
8. All students must bring and use sunscreen.
9. **WATER, WATER, WATER** - please encourage your student to drink plenty of water before, during, and after every marching band practice all season long!