

# How To Survive The March-A-Thon

Use this information to prepare and protect yourself during the March-A-Thon and all other outside events. When you take care of yourself, you make my job a **WHOLE** lot easier.

1. **WATER, WATER, WATER** - Drink water every day - at least 8 glasses a day. Not all fluids are created equal. Coke, Dr. Pepper and other sodas do not substitute for water, they will dehydrate you. Proper hydration prevents muscle cramps, upset stomachs, headaches or more life-threatening conditions. Start drinking extra water at least three days before the March-A-Thon to be sure you are not starting the event under-hydrated. You are encouraged to carry a water bottle with you during the parade.
2. **FOOD** - While water is the most important thing, proper nutrition is next. You will use an enormous amount of energy during the parade. **PLEASE** eat a well-balanced meal before you start marching. Last year, the kids who experienced problems were the ones who ate nothing for breakfast or had a half a Pop-tart before setting out. Your body won't work properly without good food. We will be refueling at lunch so be sure to pack a nutritious snack.
3. **SHOES** - Break out your most comfy pair of tennis shoes! This is not the time for showing off your new fall footwear (I don't care how cute they are!). Well broken-in shoes with thick cotton socks are recommended. You may get a blister even following these instructions. Let me know **IMMEDIATELY!** Don't wait until you can barely walk to tell me your feet hurt. Let me help before you get to that point. Life Truism: Always be good to your feet! Helpful hint: Vaseline applied to feet seem to reduce blisters.
4. **SUNSCREEN** - It will be hot, you will be sweating, you will be a crispy-critter if you haven't slathered on sunscreen. This is not the day to work on your tan. Please use at least SPF 30 before you head out in the morning. Sunglasses and hats are recommended. Helpful hint: Cornstarch or baby powder help reduce friction and burns between legs.
5. **FIRST AID FACILITIES** - During the parade, a nurse will be behind all of the marchers along with air-conditioned vehicles. Each vehicle will have an adult inside to assist the nurse with any emergency that might arise. First-aid supplies will be available at all times. Each vehicle will be stocked with emergency water, Gatorade, and ice.

At each stop during the March-A-Thon, a stationary first-aid station will be set up to handle non-emergencies, such as requests for Band-aids, Tylenol, etc. If you need something **ASK**. Most likely we will have it or we can get it. Also, at each stop water will be provided to all participants. Drink, drink, drink!

6. **PRE-EXISTING MEDICAL CONDITIONS** Please be sure to bring any prescription medication and/or supplies you might need during this event. This includes asthma inhalers, prescription medicine, knee braces, etc. These items can be carried by the student or given to the nurse to be placed in one of the trailing vehicles. Asthma inhalers should remain on your person for your own safety. All medicine must be clearly marked with the student's name, name and dosage of the medicine, and time to be taken.

### **How do I know if I'm getting too hot?**

Tell an adult if you feel light-headed, have muscle cramps in the legs or abdomen, are excessively thirsty, are sick to your stomach, have a pounding headache, feel like you are watching a dream, or feel like you are going to pass-out. **All of these things are bad. You need to cool off!!!**

**Remember:** Marching is a physical activity. Treat yourself as an athlete. To perform well, you must take care of your body with proper nutrition, exercise, and rest. If there is anything you would like the nurse to know about before the event, or if you have questions, please do not hesitate to call Jo Wangler RN 972-727-9790