



Just a Note from the Bridgemen Nurses...

We are so excited! It's time for marching season, which means it's time for band camp and all the fun that follows!

Just wanted to share some information and give you a few helpful tips to help you feel your best during band camp and after school band practices.

1. We **MUST** have health forms filled out completely on every student. We can not treat your child without it.
2. If your child needs an inhaler, please note this on the health form, but your child will need to keep it on them during camp and during practice for the marching season.
3. If your child has an emergency medication that needs to be used in an emergency, or a medical condition that requires a rescue medication, you must provide us with that medication with the child's name and instructions. We will keep it for the entire marching season and return it at the end of the season. Example: Epi-pen
4. Please encourage your child to drink lots of water. Start drinking water and/or a sports drink, at least a week before band camp starts and continue daily throughout the marching season. It is very important to stay hydrated. It gets very hot, and they sweat it all out!
5. Your child must eat breakfast and lunch! Eat a light breakfast such as toast or bagel. Nothing heavy or greasy. Stay away from dairy products, it can make you nauseous combined with the heat. Please tell your child, he/she cannot perform their best and will have no endurance to last the day if they do not eat!
6. If your child comes to the nurse tent sick, we will do everything we can to cool them off and rehydrate so they can continue with practice. Staying for practice will help increase their endurance to the heat. If they do not improve, we will call you to come pick them up. However, finishing out the day is best, as every moment of band camp is crucial to learning the show.