

Health & Safety Team

The Lambert Marching Band needs parents to volunteer during summer camp, after school rehearsals, and Saturday rehearsals.

This team is responsible for filling the large orange water coolers, acquiring the cooling towels, and carrying the Health and First Aid Bag.



The cooling towels are blue.

Volunteers 1st Shift

- Go to the Booster Closet, located in the band room.



- Take the big orange Gatorade cooler, the white metal cart and the black backpacks that are marked for Health and Safety. The cart should already have some plastic cups as well. Students are encouraged to have a large water jug for refillable purposes.
- The black backpacks are usually already in a white cart or they can be found on the shelves located at the entrance of the booster room.



Health and Safety Backpacks

- Make sure the bags have:



- Blue cool towels
 - Medicine like Advil, Motrin, Benadryl
 - Some granola bars in case a student needs a little bit of sugar
- Roll the cart to the cafeteria to add ice and water to the Gatorade cooler. The cafeteria is located in **Hallway 1600**
 - *NOTE: We cannot provide Gatorades or sugary drinks to the students while they are rehearsing. Just water.*



- Enter the kitchen located on the left side. In the kitchen walk straight to the second room.



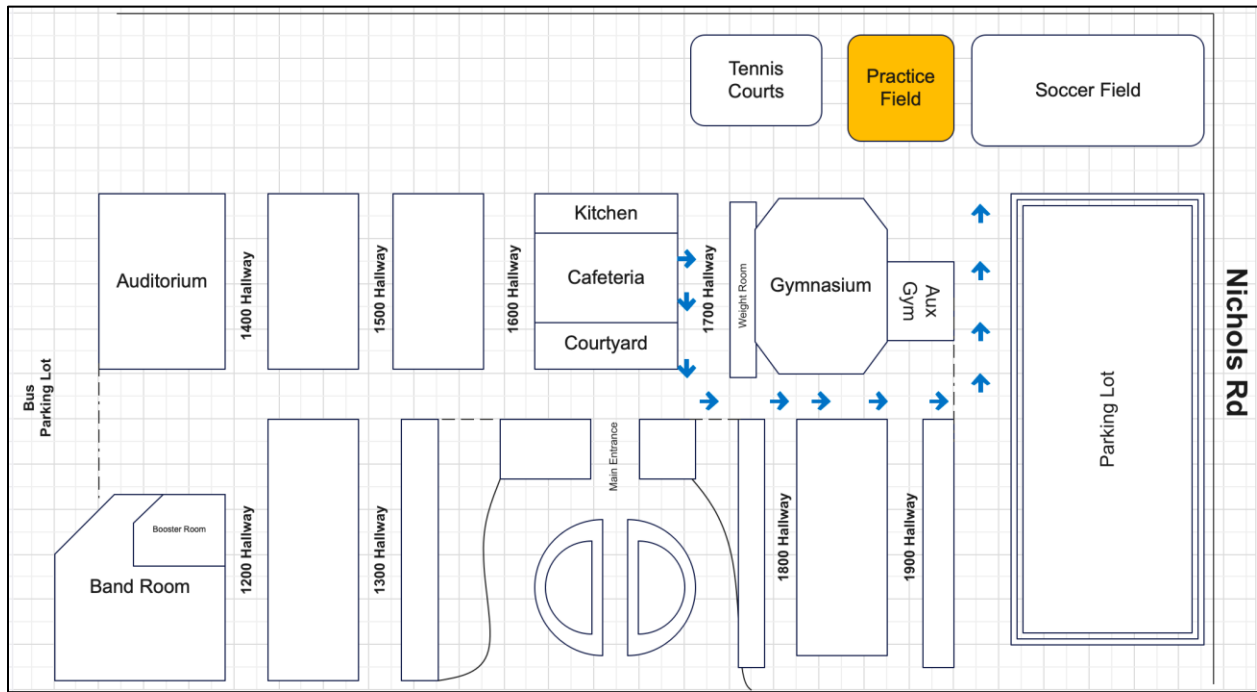
- Immediately entering the second room, turn left and you will find the ice machine. Using the ice scoop, add ice to the cooler.



- Now, fill the cooler with water. The water hose is located on the wall in front of the ice machine.



- Next, walk out of the cafeteria and go to the area where the band is practicing. Sometimes they are divided between the Football Field and the Practice Field. See the maps below.





Volunteers 2nd Shift

- The orange water coolers and Health and Safety Bags should be now outside where the band is practicing (Practice Field or Football Field).
- Check the schedule posted by Mr. Morrison or Dr. Buckholtz in the band app to know where they are located at the time of your arrival. You may need to assist in refilling the water coolers.
- At the end of the shift, please do the following:
 - Empty the orange cooler
 - Roll the cart back to the Booster Closet and leave it inside with the lid of the cooler off. This allows the cooler to dry out.
 - Place the black backpacks (Health and Safety Backpacks) on the shelf. Please clean out any items and notify the E Board (via the Band App) if additional supplies are needed.
 - If the Cooling Cloths need to be washed, please volunteer to take them home, wash them and bring them back or notify the E Board (via the Band App).
 - There is a hamper for dirty items. If you place something in there, please communicate via the Band App.

THANK YOU!