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Health and Hygiene**

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Welfare News

Providing hints, tips and strategies for a happy Jamboree!

Who are we and what do we want?



We are the SA Contingent Welfare Team (affectionately known as the

Fun Police). Our job is to ensure your Jamboree is as happy and fun as it can be. We will provide support with health (including mental health and counselling), hygiene and conflict issues you might come across at camp, as well as equipping you with the tools to run a successful Jamboree Troop. On-site, we will visit your troops regularly and

hopefully help to put smiles on dials! We know that many of you are experienced Scout Leaders and have a wealth of knowledge and strategies. These newsletters will provide you with information you can add to your already growing bank of information, provide topical discussion points, act as a memory jogger, and highlight some issues that are highly relevant to life at a Jamboree.

Health, Hygiene and “Health Giving Habits” PART 2!

You will remember (if you read the last newsletter) that we promised to give you more on health and hygiene.. Last time we focussed on food hygiene. This newsletter will focus on other personal and camp hygiene.

We expect most of this isn't new to you, but hopefully it will serve as a handy reminder for some things to think about to keep your troops happy and healthy whilst on the Jamboree.

If nothing else, read the comics and have a giggle.



"Why don't you forget about trying to invent the wheel and invent some deodorant?"





Hand washing

We use our hands for almost everything we do throughout the day. During all these jobs, they accumulate lots of dirt and germs, and those germs are easily passed onto others. It is REALLY important that we remind scouts regularly about the importance of washing their hands on camp.

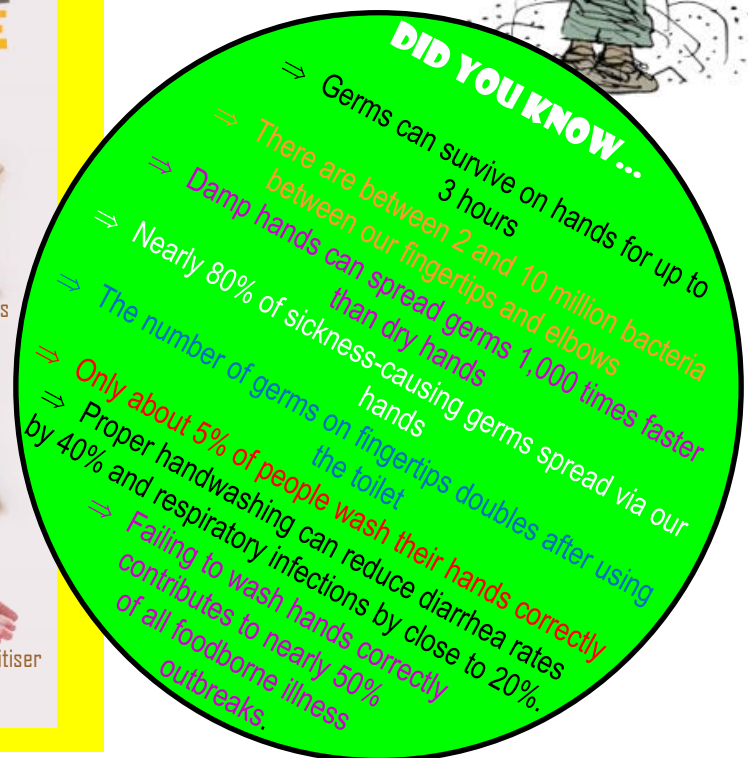
- Wash hands after the toilet, before cooking and before eating.
- Wash hands, even if you are a boy just doing number "1s" as you never know who touched what before you.
- 3 stage washing
 1. Wet hands, wash with soap, rinse off.
 2. dry hands (preferably by air) but can be with a paper towel.
 3. Use hand gel after hands are dry.
- Many troops have a hand gel at the entrance to the Troop site and expect all who enter to use it.
- Ideally hands should be washed with running water and you could set up a station with a container with a tap and a bucket underneath.
- Sometimes that is not practical so hands need to be washed in a basin. Ensure the water is changed frequently.
- If gastro hits your Troop you will be quarantined and no-one will enter and no-one will leave until you are all clear. This will mean that the people who don't yet have

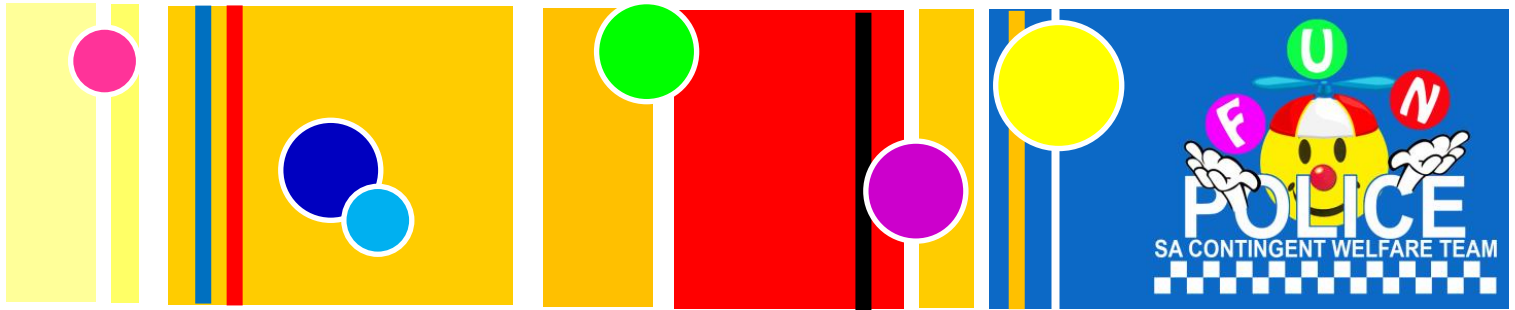


"I must be growing up. I've caught myself washing my hands without being told to."



the gastro will have to use the same toilet as those who are vomiting and have diarrhoea. Not a fun thought. Much better to prevent in the first instance!





Other necessary hygiene...

We are sure most of this is not new to you, but we know your brains are full of lots of stuff, so just a reminder of those little hygiene things to look for on Jamboree.

Brush your teeth

GOOD DENTAL HYGIENE IS IMPORTANT FOR THE WHOLE FAMILY... BUT FLOSSING YOUR CAT WAS PROBABLY A BAD IDEA.



It's not rocket science, people! Just remember to remind your Scouts to keep those pearly whites pearly and white (especially after trips to the shop, where they'll buy every piece of sugar they can find!)



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Airing out sleeping bags

10 days of sleeping in the same bedding means sweat and dirt build-up. At least once, everyone should air their sleeping bags to let the sun and fresh air clean up those bed-bugs. Also a good excuse to use to disguise a bed wetting cleanup.

Keeping feet clean and dry



Tinea, Athlete's foot, ring worm. They are all fungal diseases that can easily caught and stick around for months. A good way to avoid such problems are to look after your feet well.

- Regularly clean feet well
- Dry feet well before putting socks on
- Change socks regularly
- Wear thongs in the shower

Showering

Make sure your Scouts are showering regularly. Most days, they will be getting grimy and sweaty. If they don't wash that sweat off, some pretty ordinary skin rashes and other sicknesses can occur.



Deodorant

It's no secret that teenagers smell! All those lovely hormones running about do some pretty awesome things to body odour! Many Scouts are more than happy to spray ridiculous amounts of deodorant around the place (although some prefer to spray their clothes rather than their bodies!) These Scouts will need reminding that doing this inside tents or enclosed areas is a health and safety hazard and should not be done. It creates a fire hazard in enclosed areas, can cause asthma attacks and breathing issues and some sources suspect it damages tent fabric. ROLL ON DEODORANT is highly recommended, and some troops make this a rule, that only roll-on can be brought to the Jamboree. Whilst many Scouts will love

to deodorise, you may also get the other extreme— Scouts that may need a quiet chat or a gentle reminder that deodorising is a good thing!



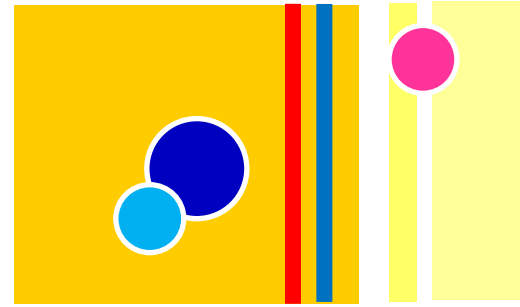
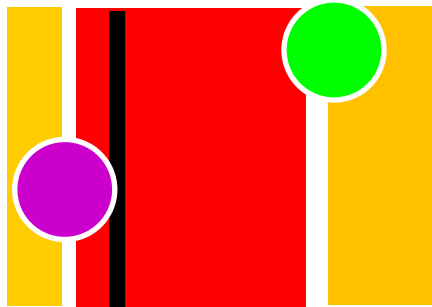
Clothes washing

Chances are that many Scouts will run out of clean clothes—particularly socks and jocks (which they should be changing every day). Over the years, we have seen lots of different clothes washing devices at Jamborees. It doesn't really matter how you do it, but make sure you have facilities on hand and a clothes line and pegs in your troop kits.



DIY Camping WASHING MACHINE





Making it FUN!

Ideas for getting Scouts to take notice of hygiene issues



Competitions

Scouts love a good competition. You could award point to duty patrols for how well they complete hygiene tasks on their duty days, do a hand check one night before dinner (cleanest hand gets a prize) or see who can get their sleeping bag out and hung the fastest on bed airing day. You could also hold a competition for the best hygiene song, slogan or poster.

Hygiene "Spaces"

If you are allowing your Scouts to have spray deodorant, make a designated "deodorant den", an outside area in the open where scouts are encouraged to "spray away." You could create a "beauty parlour," where Scouts brush their hair, do their teeth, wash their hands, deodorise and other fun tasks such as painting nails and plaiting hair. Put up a sign and block this off to be a special, permanent part of your troop site, or make it a "one off" zone that appears at various times

Live by example

First and foremost, if you are showing good hygiene, your Scouts will pick up on it. Make your hygiene funny and noticeable. Sniff the armpits of your fellow leaders just for fun (with their permission, of course), and then offer them tips to get less stinky, make a song and dance about going off to have your shower or brush your teeth, give a running commentary about your hand washing or change your socks in the open one morning and make a joke about yesterday's stinky socks. You don't always have to be giving orders. Make hygiene your priority and make sure the language of hygiene is constantly heard in a fun and enjoyable manner.

Make it Visual

Kids love pictures! Especially funny ones! Memes are all the rage, so get into the Social Network craze and Meme up your dining tent. Constant visual reminders will prove just as effective as any verbal reminders and funny pictures or slogans will also form a good talking point amongst scouts. The internet is full of pictures, so get Googling! Some ideas are on the following page. Add a new one each day.

Once you start having some fun with these ideas, your Scouts soon will too. You'll be surprised how many crazy ideas Scouts come up with to make menial tasks fun if you let them. In fact, quite a few of the ideas we have listed here have indeed come from Scouts we have taken on Jamborees over the years. Listen to the Scouts and help them make their crazy ideas reality!

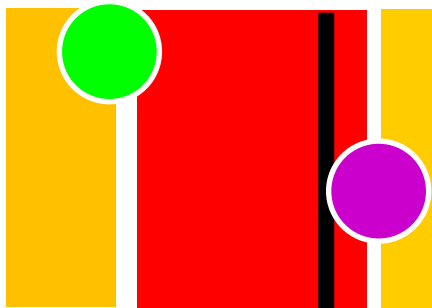
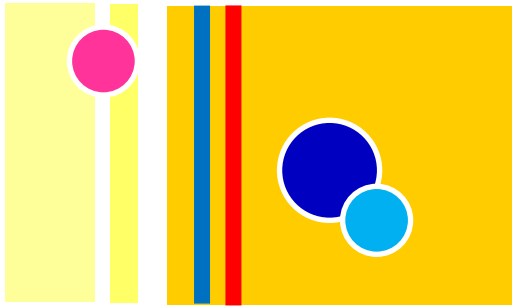
Hold an Event

In our Jamboree experiences, Scouts love a good "troop party" or special event. Create a hygiene themed event. Have a tooth brushing party, where everyone brings their toothbrush and a cup and brush together with some music in the background. Make a big deal out of "washing day" - one lolly for every item washed? Why not invite next doors troop to join you for a "We Don't have Diarrhoea" party?

Silly Songs and Chants

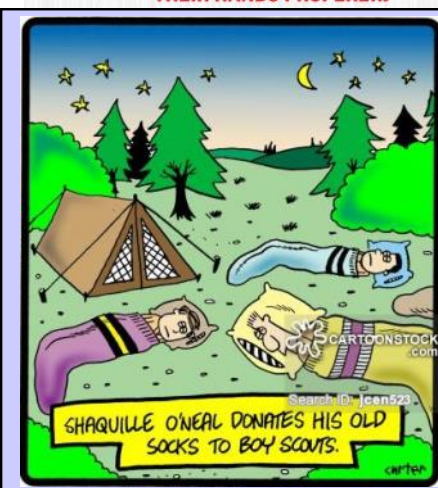
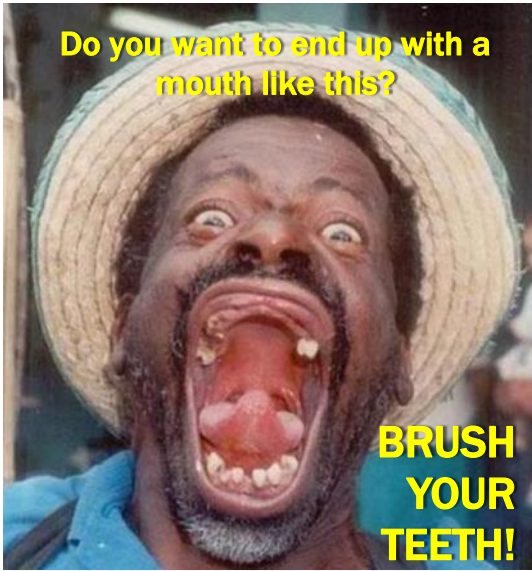
OK, so "wash the dishes, dry the dishes, turn the dishes over" is a chant we all sang in Kindergarten. But don't underestimate your Scouts. Sing it with a crazy accent or with a bit of a laugh in your voice, and you'll be amazed what your Scouts will sing. Make up chants and songs to help remind Scouts how to complete various tasks. Encourage them to add verses and sing whilst cooking, wiping tables, washing dishes or washing socks.





Making it FUN!

Ideas for Hygiene Visuals



Don't let YOUR sleeping bag smell like yesterday's socks.

If you require any more information on hygiene, or other matters regarding the welfare of Scouts on Jamboree, please contact our Fun Police Sherriff:



Andrea Banks,

SA Contingent Welfare Director
Phone: 0413 336 957

Email: sa.welfare@aj2019.com.au



Some of your feedback from the surveys you completed at Leader Weekend was to supply a quick summary page that can be given to Scouts and Parents. Well, we took it on board, and here it is!



Jamboree Hygiene: The main points...



Quarantine. No one comes into your site, no one leaves it. Not until every one is cleared of sickness. Not a great way to spend your Jamboree, huh? And YES. IT DOES HAPPEN.

Keeping clean and healthy on a Jamboree is very important. We are pretty sure you want to be happy and get the most out of your Jamboree. You are not going to be able to do that if you end up in the hospital or your troop is quarantined coz someone wasn't following proper hygiene and a contagious illness broke out. We also know that a stinky tent mate isn't much fun either, so think about your fellow Scouts and make sure the stinky one isn't YOU.



HOW CAN YOU HELP PREVENT IT?

Your leaders will be reminding you to undertake basic hygiene tasks during the Jamboree (coz we know when you get busy, you forget stuff like that). The main thing you can do to help your leaders is follow their instructions, and remind others to complete the following basic hygiene tasks. Remember to pack what you need to keep yourself clean and healthy too.

Wash your hands **PROPERLY** with soap, before food, after toilets

Brush your teeth

Change your socks and jocks daily

Keep your feet clean and dry

Wash your clothes when you can

Deodorise
No sprays inside tents or crowded areas

Shower regularly

Air your sleeping bag