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Dehydration**

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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 (AKA 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 dial! 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, and highlight some issues that are highly relevant to life at a Jamboree.



## Tailem Bend: It's Hot and Dry

Well, Summer is well and truly upon us and we have already been lucky enough to experience some SCORCHING Summer heat. Plan for more!

As you are well aware, here in SA we experience dry heat. Studies have shown that dry heat effects the body in 4 main ways:

1. Breathing dry air is a potential health hazard which can cause such **respiratory ailments** as asthma, bronchitis, sinusitis, and nosebleeds, or general dehydration since **body fluids evaporate quickly when we sweat**.
2. Skin moisture evaporation can cause **skin irritations** and **eye itching**.

3. **Irritative effects**, such as static electricity which causes mild shocks when metal is touched, are common when the air moisture is low.
4. The "apparent temperature" of the air is lower than what the thermometer indicates, and **the body "feels" colder**. This is a real risk, as your Scouts might feel OK, and forget to drink but their body is in great need of some hydration.

Taking care of yourself and your Scouts is more difficult in the camping environment than at home.

It is very important that you drink LOTS of water. If the weather is really hot you may need to drink up to 6 litres of

water per day. That's 10 standard size water bottles!



You also need to be replacing salts that are being sweated out.

**Every Troop will have at least one Scout (and often Leaders too) who do not drink enough and end up with heat exhaustion.**

Read on! This newsletter will provide you with some information and strategies to "Beat the Heat"





## Heat Exhaustion

Heat exhaustion occurs when the body cannot lose heat fast enough. Profuse sweating occurs in an effort to lower body temperature, but this leads to fluid loss and decreased blood volume (mild shock). It is often caused by over-exertion in hot conditions with poor fluid intake. Hot? Over-exertion? Sounds like a Jamboree in Australia!!!!!!

### Symptoms

- Body temp 37 - 40 deg C
- Sweating
- Pale cold, clammy skin
- Headache
- Thirst
- Fainting / dizziness
- Nausea
- Rapid pulse
- Muscle cramps

### Treatment

- Move the casualty to a cool, shaded ventilated area
- Lie flat with legs elevated
- Loosen and remove excess clothing
- Cool by fanning, spraying with water, applying wrapped ice packs to groin, neck and armpits
- Drape a wet sheet over the casualty and fan
- Wet their clothing and fan
- Give cool (not cold) water to drink if fully conscious. Sip regularly but keep sipping.
- Seek medical help if patient is not responding or you are worried.

**If not treated quickly it can lead to HEAT STROKE**

## Heat Stroke

Heat Stroke occurs when the body's normal cooling system fails and the body temperature rises to the point where internal organs are damaged. Blood vessels near the skin's surface dilate in an attempt to release heat, but the body is so seriously dehydrated that sweating stops. Consequently the body temperature rises rapidly because the body can no longer cool itself. Organs cook at 42 degrees.



### Symptoms

- No sweating
- Red, hot, dry skin
- Nausea and vomiting
- Visual disturbances
- Irritability and /or confusion
- Staggering / unsteady
- Seizures
- unconscious

### Treatment

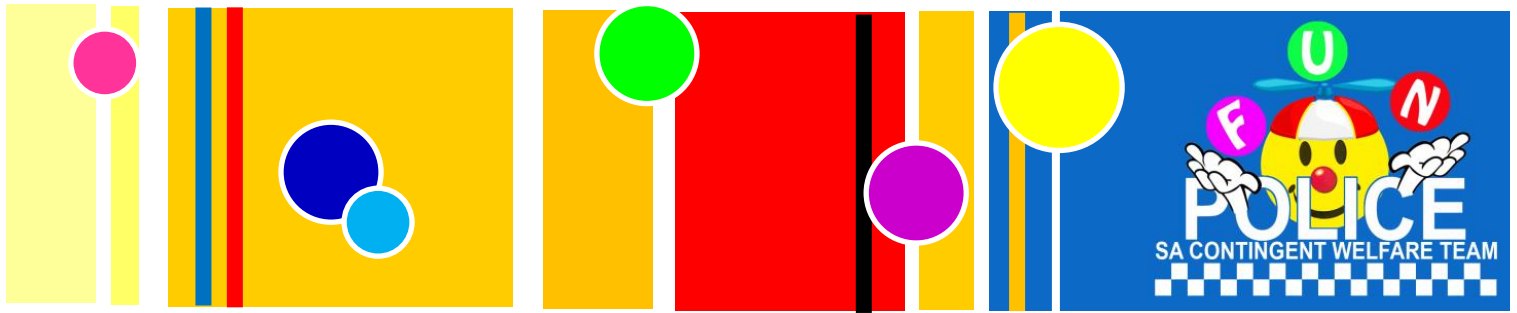
**Seek medical attention urgently.**

Most individuals recover well from heat exhaustion. The key to recovery is recognizing symptoms before they progress to heat stroke. The earlier the activity is stopped, the individual is cooled and hydration begins, the greater the likelihood that complications will not occur

If you think you're experiencing heat exhaustion:

- Stop all activity and rest
- Move to a cooler place
- Drink cool water or sports drinks

Contact First Aid/Medical Centre if your signs or symptoms worsen or don't improve within one hour. Seek immediate medical attention if your body temperature reaches 40 C or higher



## Why Water?

A lot of drinks claim to be better than water, but this is simply not true. There is a huge difference between drinking water and drinks that contain water.

Some beverages contain caffeine (such as Coke, coffee or tea), which act as diuretics and actually cause water to exit the body, rather than stay in it. Soft drinks also have diuretics in them. Cordials and juices contain high levels of sugar, which can cause over-stimulation of the pancreas. And guess

what our body needs for our immune system to function well to counter-act these effects? You guessed it... WATER!

Water should always be the number one choice of beverage when we are working our bodies hard. Lucozade type sports powders can be used to

replace vitamins under particularly tough conditions, but many sports drinks contain syrups and other chemicals that are harmful for our bodies in the long-term.

**The best choice is always water.**

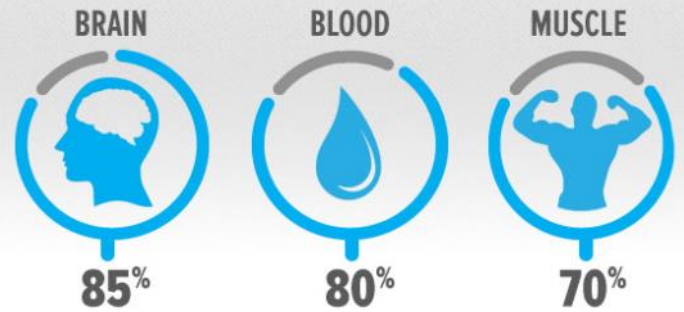
### TOP REASONS TO DRINK WATER

1. Water is vital to every bodily function we have.
2. Water is essential for proper digestion, nutrient absorption and chemical reactions. The carbohydrates and proteins that our bodies use as food are metabolized and transported by water in the bloodstream.
3. We must constantly be adding fresh water to our body in order to keep it properly hydrated.
4. Water can be a miracle cure for many common ailments such as headaches, fatigue, joint pain, and much more. We can go for weeks without food, but only 3 days without water!

In our dry heat, making conditions more humid can help. Try wetting down towels to hang in your dining fly, or giving Scouts a cooling scarf or wet flannel to hang around their necks or wipe their face with.



### H<sub>2</sub>O COMPOSITION OF THE BODY

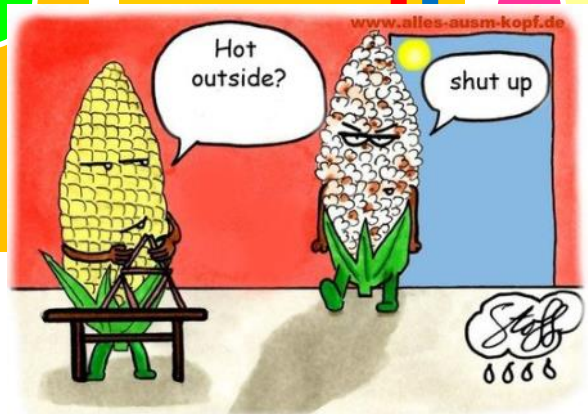
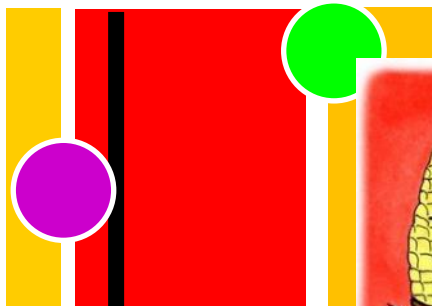


BODYBUILDING.COM

<http://www.bodybuilding.com/fun/clark2.htm>

5. It is difficult for the body to get water from any other source than water itself. Soft drinks steal tremendous amounts of water from the body.
6. Water is essential for proper circulation in the body
7. Water regulates the body's cooling system





## Ideas for keeping scouts and leaders hydrated

◆ **Talk about it a lot.** Ask the scouts how many times they have been to pee today. What colour is it? How many drink bottles have they had to drink?

◆ **Find a topical comparison** to explain the importance of drinking water eg "Putting the right kind of fuel into a car helps it to give its best performance. Now you know what kind of fuel to put into your body if you want to get its best performance."

◆ **Remind them CONSTANTLY.** Ask them to drink a glass full before going to the shower, when they come back from the shower, before tea, have another one after dinner. Have another one before they go to the arena. Have one when they come back from the arena. You get the idea!!..... Make having a drink a routine, before and after everything. Remind them to do it on activities as well.

◆ **Supply a diluted Gatorade or similar drink.** Some troops have made scouts have a diluted drink before breakfast and then again when they came back from activities. Just a small cup each time 200- 250 mls and half strength. Too much will have negative effects, so be careful!

◆ Ask scouts to keep sipping....it is better than one big slug. Cold water may feel more refreshing but it is not good to always have it cold. Perhaps cool it slightly with ice but not cold.

◆ **Water is better at quenching a thirst than cordial or soft drinks.** The sugar can increase thirst.

◆ While scouts can often complain they don't have to drink water at home, most of them will have far longer and busier days at the jamboree than their bodies are used to at home. Explain this to them.

◆ **Do not allow Scouts to nap in their tents.** It gets very hot (over 50 deg) in there and you can't check on them. Get them to bring their mat into the shade or to lie on a bench.

◆ **Get the PLs to ensure their patrol has drinks break;** when they or on activities.

◆ **You are the LEADER of your troop. Take control!** The number one excuse we hear from leaders about scouts not drinking is 'they won't drink water.' Make them!!! You are in charge. Just like you have rules against

bullying, stealing or violence in your troop lines, have rules about drinking water. Use consequences for those who don't follow your rules.

◆ **Make it fun!!** Rewards are always better than consequences. Remember all those drinking games you played in your wayward youth (Rovers—that shouldn't be too hard to remember)? Use a bit of creativity and convert them to water drinking games. Some ideas are listed on the next page.

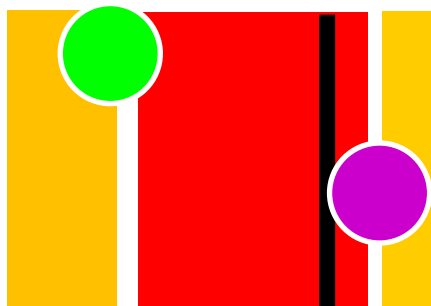
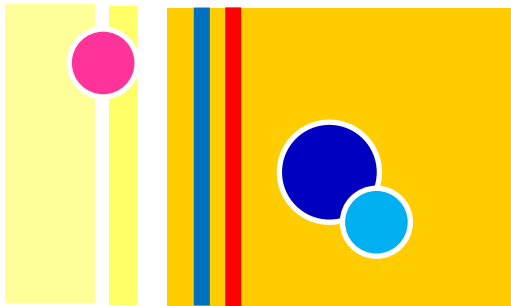
◆ **Have a 'cool down', 'chill out' or 'kidz zone' type space** in your jamboree site. A space where Scouts can relax, in the shade under trees, a tarp or beach umbrellas. Provide damp, cool cloths, some ice to suck on, and depending on water restrictions, the addition of water pistols or blow-up pools is a winner.

◆ **Make water cool**—for some reason, kids love the idea of iced water. If you have extra bags of ice from the Q store, chuck it your water containers occasionally

◆ **Make water "special" by putting it in jugs** with a few slices of lemon or other fruit on the table at dinner time

◆ **Always have water available.** Ensure every scout knows how and where to access your drinking water on your jamboree troop site.

**Prevention is better than cure!**  
It is far better to put some strategies in place to keep Scouts hydrated than to have to deal with a dehydrated Scout. Try some of these hints, or discuss some of your own with your troop leaders



## Water Drinking Games

A google search of “drinking games” came up with the following suggestions where water has been substituted as the drink of choice! These could be played as a whole troop or individual patrols (eg patrols sitting around waiting for tea or for duty patrol while waiting for other on site scouts to come in for lunch).

### MUSIC TIME

Choose and play a song eg the suggestion was an oldie “Roxanne” by The Police. Take a sip every time you hear the word “Roxanne”. (We are sure there are plenty of modern songs that have a word repeated over and over you can use instead!)

### SIP, SIP, DRINK

A version of Duck Duck Goose. Everyone sits in a circle and one player goes around “tapping” people on the shoulder, telling them to “sip.” Each tapped person takes a sip of their drink until the tapper chooses someone to say “drink” to. The drink person has to leap up, chase the tapper around the table/circle, and try to tag them. If they succeed, they take over as tapper; if they do \*not\* succeed, they have to take a sip.

### MOST LIKELY

Everyone sits in a circle and one scout/ leader asks a “most likely” question, like “Who would be most likely to be airsick?” or “Who would be most likely to lose their undies coming back from the shower?” On the count of three, everyone points to whoever they think would be most likely to do whatever act was mentioned. You have

to take a sip for every person who’s pointing at you (so if seven people think you’re going to lost and found for your undies, you have to take seven sips!).

### FUZZY DUCK

Say “fuzzy duck” to the person on your left. Continue until someone says “does he”. You must now say “ducky fuzz”, going right. “Does he” can change direction again. Mess up? Take a sip/drink your cup.

### CELEBRITY

The first person names a celebrity (eg Emma Watson). The person to their left names a celebrity whose name begins with the letter of that celebrity’s last name (Watson -> Walt Disney). You must drink eg while you think of a name or if you don’t say a name within x seconds.

### SIXES

Line up six cups in a row, of different sizes or levels of water. Each cup is designated a number, 1 through 6. Someone begins the game, by rolling one dice. The number they throw will correspond with a cup for the player to drink. When they’re done, another person takes the dice.

### HIGH OR LOW

This is played with a full deck of cards. The first player is dealt a card and has to guess whether it’s high or low. If correct, they put the card in a separate pile and keep guessing until they guess incorrectly. They then

take a sip for each card they have collected.

### ROCK PAPER SCISSORS/ARM WRESTLE

Divide into pairs and challenge your opponent to a rock, paper, scissors or arm wrestle. The loser drinks their cup of water.

### WATER PONG

Water pong is played with two teams that stand at opposite ends of a table. Each team has a number of cups arranged in a triangular formation on the table in front of them, filled with water. The aim is to take turns in throwing your ping pong ball into the opposing team’s cups. Whichever cup your ping pong ball lands in, the opposing team has to drink the contents of that cup. That cup is then put to one side and that cup is now out of the game. Take turns until all of the cups have been removed/consumed from one side of the table. The first team to eliminate the opponents cups wins!!

### BOAT RACE

As a relay the first person in each patrol drinks a cup of water. When they have finished they turn the cup upside down and hold it on their head. Then the second member of their team does the same thing. First patrol to finish wins.

**NOTE: Games should only be used as a fun preventive measure and not when someone is suffering dehydration otherwise drinking fast will induce vomiting.**



If you require any more information or want to share any information on dehydration, or any other matters regarding the welfare of Scouts on Jamboree, please contact:

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!



## Dehydration at the Jamboree: The main points...

The Jamboree is in the middle of the Australian Summer, so you can expect some very hot and dry weather. It is important that you are aware of the effects that very hot temperatures can have on your body and work hard to stay hydrated so you can enjoy your jamboree.

### The facts:

Dry heat can cause breathing difficulties, nose bleeds, dehydration and skin and eye irritations.

In dry heat, it feels cooler than what it is, which means it is easy to forget to drink and look after yourself.

80% of your body is water: You need it to survive

Dehydration leads to **heat exhaustion**. You can feel like throwing up, be sweating a lot, feel thirsty, have headaches, faint or feel dizzy. Your heart might start to get quicker and you may get muscle cramps.

If you don't do something about your heat exhaustion, it can very quickly lead to **heat stroke**. This is very serious. You will stop sweating and your skin will be red, hot and dry. You may vomit, get blurry or strange vision, get very confused or irritable and be unable to walk straight. You may experience seizures and become unconscious.

**DON'T LET THIS HAPPEN TO YOU OR YOUR PATROL MEMBERS!**



### PREVENTION IS BETTER THAN CURE:

#### Avoiding this nasty business of dehydration...

#### DRINK LOTS OF WATER!!!

Keep your hat, protective clothing and sun cream on

Don't exhaust yourself too much if you are feeling ill in the sun. Talk to your patrol and leaders and have a rest in the shade before things get serious.

You know how soft drinks tell you they will quench your thirst? They lied. Cordials and soft drinks might taste good, but they have lots of sugars and hidden nasties

in them that will actually make your dehydration worse. When you are really thirsty **DRINK WATER!!!**

Encourage your mates and patrol members to drink water too. You might like to have a game that involves drinking water to make it fun!

Follow the instructions of your leaders. They are looking out for you and have lots of knowledge about how to keep you safe and healthy.



### WHAT TO DO: SOME FIRST AID...

- Move the person to a cool, shaded ventilated area
- Lie flat with legs elevated
- Loosen and remove excess clothing
- Cool by fanning, spraying with water, applying wrapped ice packs to groin, neck and armpits.
- Drape a wet sheet over the casualty and fan.
- Wet their clothing and fan
- Give cool (not cold) water to drink if fully conscious. Sip regularly but keep sipping.
- Tell a leader and get help.
- Tell a leader QUICK SMART. This is a serious condition and the person will need to get medical attention ASAP.

