



NURSE'S NOTES & OPT OUT FORM

2019 JOGATHON

The following are some general suggestions for you and your child to consider for the 2019 Jog-a-thon:

- Hydrate well starting the day before the event and drink 1-2 glasses of fluids the morning of the Jogathon.
- Wear layers of clothes, including shorts, sneakers, and t-shirts so they can "strip down" to this layer if it is warm out.

There will be a nurse present and the volunteers will also be watching the children for signs of overheating, which may include:

- Cramps and spasms of the legs and stomach
- Hot, red, dry skin without any signs of sweating
- Rapid pulse
- Headache
- Nausea and vomiting

If a child shows any signs of these symptoms, they will be pulled out temporarily to be assessed by a nurse. They will receive credit for one lap during this assessment. If a child vomits, even if it may be because they ate too many oranges, or drank too much water, they will be held out from further participation.

If your child has asthma, or other related breathing problems, you should know that the area where the event occurs can be very dry and dusty, and can trigger an attack or wheezing. If you wish your child to participate, please be sure there is an inhaler in the nurse's office and a signed order from the doctor in our records.

-----2019 JOGATHON OPT OUT FORM-----

If for any reason you do not wish your child to participate in the jogging/walking portion of the event, please indicate below, sign, and return this form to your child's teacher. We will include them as helpers, sprayers, or cheerleaders.

My child, _____, will not participate in the jogging/walking of Sunset View's 2/1/2019 Jogathon.

_____ Parent Signature