



Jamboree Information Guide for Troop Leaders and Staff

Section 3

Health, Emotion and Wellbeing

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Emotional Wellbeing

Everyone at Jamboree needs to feel they are a part of the good times to be had and supported when things get tough. Things get tricky at Jamboree when things happen like getting homesick, tired, bullied, or losing self-esteem in a strange environment.

At Jamboree, there will be three levels of help available.

Support in the Troop

Support for Scouts starts with the Patrol (Team).

The Patrol (Team) Leaders should be trained to identify and seek support for any issues within their Patrol (Team) and know who to turn to for help, either the Patrol (Team) Leaders Council or Adult Leaders in their Troop.

If the Patrol (Team) Leaders Council cannot support the Scout with this, then support will come from the Troop.

The Troop Leader needs to identify a 'care person' among their Team of Adult Leaders. They must be someone with a sympathetic ear, a broad shoulder for tears and a warm hug to help people feel better. (Insight, out of hearing)

Any bullying and harassment must be reported immediately to the Troop Leader or Camp Support Patrol (Team).

If the Scouts are pre-warned to tell you about bullying, and any bullying is stopped quickly, the problem should disappear in a day or two.

However, a watchful eye is always needed, onsite, offsite, on buses and in the shower or toilet blocks.

Jamboree Support

The Jamboree Wellness Patrol (Team) can offer some quality time with Scouts or Adult Leaders needing a sympathetic ear or just a little time out from their peers. Be aware that tiredness is a real problem at Jamboree. The Scouts have activities all day long, and Adult Leaders are looking after their Scouts. A Jamboree is mentally and physically exhausting for Scouts, Adult Leaders and Staff.

Some Adult Leaders may have problems before they come to Jamboree, and a word or action when they are tired may trigger resentment related to their home or work lives which may cause a misunderstanding to start. Do not let these issues develop into something big. Instead, ensure that support is requested through your Camp Support Team.

Outside Support

If a problem is severe, an outside support organisation will be called in if needed. Most Scouts at this Jamboree are estimated to be less than 13 years old. Although some Scouts may look old, they are not yet mature in mind.

Hormones and tiredness conflict to create problems, and we must be ever-watchful and ready to support each other at any time.

All Adult Leaders and Staff at Jamboree require:

- At least one day off.
- Time out to relax.
- Reassurance and guidance.
- Acknowledgement of a job well done.

All contact with the Jamboree Wellness Patrol (Team) will be confidential unless safety is an issue.

Sickness before Jamboree

Do not bring sick Scouts or Adult Leaders to Jamboree!

Everyone who attends Jamboree should be in good health. An individual should join your Troop a few days later when they have recovered, rather than bring a 'bug' to Jamboree and infect others.

Jamboree Fitness

Consider the role you are undertaking at the Jamboree in relation to your personal fitness. Jamborees are physically strenuous work. One of the concerns at previous Jamborees has been unfit Staff. If you, or someone you know, is in this category, why not take time to improve your fitness? Just 15 minutes a day will make a huge difference. These active days can also cause blisters and chafing. Please bring comfortable clothes and a personal first aid kit that can deal with minor issues like blisters, insect repellents, medication for a headache, etc.

Leaving the Troop Site for Activities

Everyone leaving their Troop site for day activities should carry their day pack with a personal first aid kit, two drink bottles, lunch, snacks, sunblock, raincoat, insect repellent and any personal medication plus any specifically required gear for the activity. Remember to wear your Troop scarf and ID lanyard, as it is compulsory. If you forget, you will be sent back to your troop site to get your lanyard.

Dehydration

Everyone must drink plenty of water each day. Mystery Creek can get very hot, so it's easy to get dehydrated. By the time you feel thirsty, you're already dehydrated.

Dehydration might be the cause of tired, grumpy Scouts (and Adult Leaders) or that niggly headache in the afternoon, or just feeling out of sorts.

If you find someone in your Troop has a headache, check with them about how much they have had to drink during the day, get them to sit down in the shade and sip their drink bottle.

Allocate their buddy or another Patrol (Team) member to sit with them. **DO NOT** offer painkillers.

Urine colour chart

This urine colour chart will show you whether you are drinking enough water. Hydrated means you are drinking enough; dehydrated means your body has lost water, and you must drink more to compensate for the loss.

Urine colour chart

This urine colour chart will give you an idea of whether a person is drinking enough or is dehydrated (lost too much water from the body).

ARE YOU DRINKING ENOUGH?

| | |
|---|--|
|  | <ul style="list-style-type: none"> • Very dehydrated • Drink a large bottle of water immediately |
|  | <ul style="list-style-type: none"> • Dehydrated • Drink 2-3 glasses of water now |
|  | <ul style="list-style-type: none"> • Somewhat dehydrated • Drink a large glass of water now |
|  | <ul style="list-style-type: none"> • Hydrated – you are drinking enough • Keep drinking at the same rate |

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the colour of the urine for a few hours, making it bright yellow or discoloured.

Remember the four key messages to keep you and others healthy in the heat

| | | | |
|--|--|---|--|
| <p>1.</p>  <p>drink plenty of water...</p> | <p>2.</p>  <p>keep cool...</p> | <p>3.</p>  <p>take care of others...</p> | <p>4.</p>  <p>have a plan!</p> |
|--|--|---|--|

Electrolytes

Most Scouts and Adult Leaders will be exercising more than expected, just due to the nature of Jamboree being outdoors and active.

While drinking water will keep you hydrated, sometimes we need to replace all those sweated-out minerals which we may not be taking in again through meals.

You can add salt to your post-exercise meal as an economical way to get some electrolytes back in your system.

NOTE: Over-the-counter, ready-made electrolyte drinks may contain large amounts of sugar and may not be suitable for Scouts.

Insect Repellent

The Jamboree and activity sites will have sandflies. Insect repellent should be applied before and reapplied during activities.

First aid kits should have a product from the pharmacist for treating bites.

Sun Smart

Most Scouts and Adult Leaders will not be used to being outside all day, every day, for multiple days. To protect ourselves, we need to:

- Wear an adequate wide-brimmed sun hat that covers the face, ears and the back of the neck.
- Regularly apply sunblock to all exposed skin.





Blisters, Chafing and Hot Spots

Spending the whole day walking around in shoes and socks is not something we do all day, every day. Equally, wearing new clothing may cause chafing. Scouts and Adult Leaders need to be mindful of hot spots where shoes, socks or clothing are rubbing, which could turn into blisters if not sorted. Using your first aid kit and applying a plaster to a hot spot could make a difference in how well our bodies will cope with the activities the next day.

Feminine Hygiene

Be prepared - young female Scouts who have not yet started menstruating may do so at Jamboree may be brought on by being in a different environment from their norm.

Troop Leaders should talk to all female Scouts about having sanitary products with them and should also have backup supplies available.

Feminine product disposal will be available in the female toilets.

Note: Troop sites are unlikely to have appropriate facilities for sterilising menstrual cups. Scouts with Special Needs.

A caregiver must accompany all Scouts with special needs requiring 24-hour care.

Showering and Changing Clothes

All Scouts and Adult Leaders should be showering and changing their clothes daily. Jamboree is a full-on activity-based event; everyone will get hot and sweaty, which may mean they are not pleasant to be near.

Wearing shoes all day may mean changing your socks more often to provide better comfort. Encourage the use of roll-on deodorant (not aerosol or spray).

It is recommended that all Scouts and Adult Leaders wear jandals while using showers.

Arrange times for Scouts and Adult Leaders to do their laundry. If people wash every couple of days, that's much less work than trying to do a week's worth at once.

Bedwetting

Sometimes, being away from home and in a strange environment or tired can result in bedwetting. Scouts should talk about this with Troop Leaders at the start of Jamboree, so they know this could happen and can devise a plan to deal with it, providing a minor embarrassment for the Scout concerned. Have a spare sleeping bag just in case, and avoiding to have sleeping bags washed and dried quickly. But most of all, ensure the Scout concerned feels supported.

Numerous 24-hour self-service laundromat facilities around Hamilton can clean sleeping bags. The Jamboree Hub will be able to provide contact and location details.

Homesickness

Yes, this can happen to even the hardiest of our Scouts and usually kicks in about Day 4.

Keeping our Scouts involved and fully informed about the following fantastic day's activities can go a long way to helping any homesickness issues. And dehydration and tiredness can be a significant factor in Scouts feeling a little out of sorts.

The Jamboree Wellness Team supports any Scouts feeling a little 'lost' and will distract them with special activities.

Sleep

Getting enough sleep is vital to maintain resilience and health. All Scouts must be in bed and quiet per the Camp Support Team instructions. Adult Leaders are asked to keep a low noise level after 10:30 pm to be considerate of their neighbouring Troops.