Health Note

For Old Town Academy Jog-A-Thon Participants

The following are some general suggestions for you and your child to consider for the Jog-A-Thon:

Hydrate well starting the day before the event; drink 1 – 2 glasses of fluids the morning of the Jog-A-Thon.

Wear shorts, sneakers and official Jog-A-Thon T-shirt.

Volunteers will be watching the children for signs of overheating, which include:

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

If a child shows any of these symptoms they will be temporarily pulled out to be assessed. They will receive credit for one lap during this assessment. If a child vomits, even if it is 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 related breathing problems and you wish your child to participate, please be sure there is an inhaler at the Jog-A-Thon, and a signed permission note from the doctor in our records.

Thank you.

The OTA *All Volunteer* Jog-A-Thon Committee

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 to your child's classroom.

_____ will not participate in the running/walking portions of Old Town Academy Jog-A-Thon (12/2/2011).

_____ Parent's signature

_____ Date