

# Health and Safety on Band Trips: FAQs for Parents

## What steps are followed to help keep students healthy and safe during travel?

Health and safety is our first priority. From assuring students travel with chaperones and in groups of 3 or more to offering training for parent volunteers to setting up systems to manage medications, health and safety is taken seriously. We do not routinely travel with a school nurse; however school staff and/or parent chaperones are present to help your student with health issues that may arise.

## What is the role of school staff and/or parent chaperones related to health issues on trips?

School staff and/or designated parent chaperones can help a student problem solve health issues, contact you for further guidance, help students self-administer medications, or accompany students in seeking urgent or emergency care. It is important to note that parent chaperones, even if licensed health professionals (nurse, doctor, etc.), are not on band trips in their professional role and therefore cannot diagnose, treat, prescribe, or administer medications (other than in emergency situations) to students.

## What are parent/guardian health and safety responsibilities for trips?

- Be sure your student's **Emergency Medical Permission Form** is up-to-date and on file at least two weeks prior to all trips (required yearly and any time information changes.)
- Complete and notarize a **Medication Permission Form** at least two weeks before departure, as applicable (Note: Each trip requires a new form; see info below on sending medications with students.)
- Tell the Trip Coordinator and applicable health designees or chaperones about any **allergies or sensitivities** (food, bee stings, etc.) your child has, how to help him/her avoid exposure, and how to respond if needed.
- Make certain the Trip Coordinator and any applicable health designees or chaperones are aware of how to handle any **emergency situations** that could arise for your student (seizure, low blood sugar, asthma, allergic reaction, etc.)
- Assure your student takes **appropriate clothing and supplies**, as applicable (jackets, coats, sunscreen, hat, good shoes, etc.)
- **Talk to your student about health and safety in travel** (making needs known, taking meds; never sharing meds, razors or hygiene items; staying hydrated; staying with the group; eating properly; sleep; etc.)

## How do I send needed medications with my student?

All medications (prescription or over the counter) must be sent in a properly labeled, original container and be listed on the Prescription Medication Permission Form. Do not send loose pills or daily pill boxes.

Meds should be delivered to the Trip Coordinator or applicable designee by the parent at departure.

Students should be able to self-administer their meds. This means he/she can state what each of his/her medications look like (e.g., shape, color), the dose (e.g., 1 pill), when to take it (e.g. at breakfast), what it is for, what happens if he/she doesn't take it, and have the ability to refuse taking it if inappropriate (e.g., wrong time, not needed, etc.). Staff or chaperones are available to hold meds and make them available for your student/help track administration, however, it is the student's responsibility to come get his/her medication at the appropriate time.

## What if my student needs a licensed school nurse to enable travel with the band?

We want all band members to participate in all activities. If your student has special medical needs that require a licensed nurse to travel (special medical procedures, is unable to self-administer medications with chaperone support, etc.), be sure to discuss the situation with the band director and school nurse at least 4-6 weeks in advance of travel so that appropriate planning and scheduling can be arranged.