

## *PROGRAM PROTOCOLS: SALUD*

This is a time where students can focus on health. In residential programs this includes time to do laundry, rest, communicate with family. In non-residential programs this is a time to take a break between activities. Students can participate in water or non-water activities.

Water activities include:

- Paddle board/kayak practice, races, competitions
- Snorkeling/animal collection and interaction
- Swimming races
- Spa treatments with sand etc.
- Beach fun and relaxation

Non-water activities:

- Continued sleeping.  
If students want to be woken up at the end of siesta, they should ask another student (prior to siesta) to wake them up when Salud begins. If students are sleeping, encourage them to use a cot rather than the bench, couch, or floor. Remind them only one student to a cot.
- More reading, writing, resting under palapa
- Mellow activities like yin yoga
- Laundry, showers
  - Every student is allowed 2 showers per week.
  - Students are allowed to rinse off in the outdoor shower after being in the bay, but not a full shower.
- Phone calls & internet time
  - We will have designated computers and staff phones for students to use.
  - Students will be assigned times to call home.
  - Note: if students are unable to reach their families during this time, we'll need to find an alternative solution for them.
- Snack

### **Roles**

Captain: Anne

Lifeguard & Activity staff: Shara and Anne

Family Communication: AIM

## Prep

### Captain / Activity staff will:

- Determine who will act as lifeguard, either lead staff or Safety Officer when they are a lifeguard.
- Determine activities based on temperature. If it is too hot, use the AC rooms for mellow activities.
- Check “Tardy Sheet” to determine if students need to miss Salud to pick up a bag of trash.

### Lifeguard will:

- Set out cones as boundary markers students can see from the water. Use the edge of the building to place the cones.
- Grab buoys, whistle, sunscreen, and a chair to sit in.

### AIM will:

- Prepare snack.
- Set up the 2 designated computer stations for phone calls home.
- Prepare “Family Communication Sign Up” to have students call home. Update with dates and approximate number of student calls that can be made. We allotted seven 10-minute slots within a 90-minute block.

This can be found here: <smb://192.168.1.8/Master Files/LI/ Leadership Programs Implementation Tools/Leadership Program Templates/Ocean Leader Intro to Research Templates/Schedules/Family Communication Sign Up.xlsx>

## Activity

### Captain/ Activity staff will:

- Complete a count of students at the beginning and midpoint of the activity.
- Monitor the showers to make sure *only* students who have their shower day are showering.
  - At 3 minutes, remind students about our policies and conserving water.
  - Make sure students are out of shower within 5 minutes.
  - Outdoor showers are always available for 10 seconds of rinsing
- Monitor the laundry area to make sure *only* students who have their laundry day are doing laundry.
  - All laundry supplies can be found in the supply closet.
  - Check water use and remind students of our policies and conserving water if they are using excess water.
- Walk around to monitor students, ensuring their safety.
- Walk around to monitor supporting staff, ensuring they are performing their responsibilities.
- Talk to any students who look bored and help them think of an activity they can do.
- Take pictures of students playing, swimming, and doing other healthy activities.

- Lifeguard will:
  - Enforce waterfront safety guidelines.
    - Students apply sunscreen.
    - Shoulders showing when in the water.
    - Appropriate gear depending on water activity (snorkeling, bathing, swimming gear)
  - Encourage paddle board races or contests or other fun stuff.

- AIM
  - Oversee phone calls and internet use to ensure every student is able to contact their home.

**End**

- Captain/ Activity staff will:
  - Complete a count of students at the end of the activity.
  - Notify students at the station to clean up and return all supplies 10 minutes before the next activity (art materials, board games, books, etc.).

- Lifeguard will:
  - Warn students when 5 minutes remain so they can get out of the water.
  - When all students are out of the water, report to the garage to make sure masks/snorkels, etc. are returned and the area is organized.

- AIM will:
  - Clean up snack.
  - Clear and close computers.