

How to implement salud

Goal:

Students learn that self-care is a tool to support Healthy Bodies.

Growth Mindset and Salud

This is presented on the first day by the Activity Lead.

The foundation for salud is part of our “Growth Mindset” and incorporated into the training.

- Introduction for Students:
 - Salud is a time to connect with family and friends or to take more time for yourself if you need it.
 - Part of self-care is learning what recharges you. Everyone is different.
 - Some people are recharged by talking with friends or family.
 - Some people are recharged by reading quietly in the shade.
 - Some people are recharged by showering or by taking care of things like laundry.
 - The first part of learning self-care is to check in with yourself.
 - Every day before Salud starts, ask yourself the question:
 - What will serve me best right now to recharge for the afternoon?
- What do we do during Salud?
 - Communicate home
 - Once a week you can call home.
 - These times are scheduled and posted in the Inform Center.
 - We will come and get you at the start of Salud to make your phone calls.
 - Shower
 - The schedule is posted near the shower. Students are scheduled to have 2 freshwater showers/ week.
 - Abide by the station rules of showering as explained during the Field Station orientation.
 - Use one of the three student shower stalls.
 - Showers are three minutes to conserve water.
 - You can always do a bay bath and then do a minute freshwater rinse in the outdoor showers.
 - Computer time:
 - Once a week you will have a computer slot to go online and check social media, reach out to other people through email, etc.
 - We will schedule those times for you and let you know at the start of Salud when your time is. It is not required to do this so you can chose to use the time slot or not.
 - You can do Water-based activities:
 - Swim
 - Snorkel

- Kayak, paddle board
 - Races and competitions – swimming, snorkeling, kayaking, etc.
 - Football
 - Kite
- Or Land-based activities:
 - Music
 - Reading, writing
 - Relaxing on the beach
 - Spa treatment with sand
 - Cards
- Or Extend siesta
- You can also:
 - Have a snack - A snack will be offered each day during Salud.
 - Do your laundry
- Expectations of Salud
 - Each day PM Leads will let you know what water and non-water-based activities are available and who signed up for phone calls home and showers for the day.
 - The transition to Salud from Siesta will not be signaled by music because we want to allow students who are resting to continue to rest longer if they wish to do so.

Salud Process

Prep

Activity Lead and Activity Support collect clipboard with the “Salud Protocol” , “Shower Schedule” and the “Family Communication”.

Activity Lead will:

- Collect supplies:
 - One bin of beach supplies to include:
 - Biodegradable spa products
 - Kites
 - Water football
 - Frisbees
 - 6 inexpensive beach chairs
 - Large floaty mat
 - Umbrellas
 - Speaker for music
 - Tardy sheet
- Determine:
 - Who will act as “Water Safety” and who will be “Roamer”
 - The Safety Officer may act in the role of “Water Safety” when they are a professional lifeguard.
 - Activities based on temperature. If it is too hot, use the AC rooms for mellow activities.

- Students on the “Tardy List” need to miss Salud to pick up a bag of trash.

Water Safety will:

- Set out cones as boundary markers students can see from the water. Use the edge of the building to place the cones. Boundary for paddle board and kayaks is the same as swimming. If seen fit later in the program, the paddle board/kayak boundary may be extended.
- Grab buoys, whistle, sunscreen, and a chair to sit in.

Roamer will:

- Set out the healthy mid-afternoon snack at the beginning of salud (see menu). Place necessary serving materials with snack, i.e.: mini plates for carrots and hummus, mini cups for green juice.

Resident Advisor will:

- Set up the 2 designated computer stations and collect 2-3 phones for phone calls home.
 - This can be Anne’s phone and the Leadership Programs phone.
- 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.

Activity

Roamer 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.
- Talk to any students who look bored and help them think of an activity they can do.
- Support any students who seem isolated in making connections to other students, if appropriate.
- Take pictures of students playing, swimming, and doing other healthy activities.
- If there are more than 8 students who want to swim, the roamer can become a second water safety staff and then every so often ask the needed number of students to hang on the beach for five minutes while they do a round.

Water Safety will:

- Communicate and enforce swimming boundaries, using visual markers and a whistle.
- Regularly count students in the water.

- Ensures all rules are followed.
- Enforce waterfront safety guidelines.
 - Maintain adult to student ratios when in / near the water.
 - **Beach** 1:8 with an adult on the beach where students have “shoulders showing.”
 - **Swim Fun** Max of 1:3 when swimming in water that is deeper than “shoulders showing.”
 - Students apply sunscreen and keep shoes on unless they are actively swimming/ snorkeling.
 - Appropriate gear depending on water activity (snorkeling, bathing, swimming gear)
- Encourage paddle board races or contests or other fun stuff.

Resident Advisor will:

- Oversee phone calls and internet use to ensure every student can contact their home. When students have completed their phone calls facilitate a clear handoff to another staff.
- Offer computer time for social media or emails if there is time when calls have been made regularly

End

Roamer 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.).
- Clean up snack.
- Clear and close computers.
- Update “Family Communication.”

Water Safety 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.

