



# AUSTRALIAN AIR FORCE CADETS

## 322 (CITY OF RYDE) SQUADRON



### **GUIDELINES FOR MANAGING FAINTING RISK ON PARADES**

1. Parades are an integral part of the AAFC, and are an excellent method by which cadets can display their training and provide for an impressive spectacle. However there is a risk during parades that cadets may feel faint and potentially fall and injure themselves. The following strategies are used to address this issue at all ceremonial parades.

2. Fainting on the parade ground is largely caused by a lack of oxygenated blood flowing to the brain due to a lack of bodily movement. This lack of movement assisted by the forces of gravity allows the blood to pool in the lower extremities of the body (feet, legs and hands) thus depriving the brain of the amount of oxygenated blood it requires.

#### **Before the parade: clothing, nourishment and hydration**

3. It is important that uniforms are well fitting. Tight clothing and boots/shoes can hamper blood circulation. Cadets are to exchange items of uniform once they outgrow them.

4. During cold weather when jumpers are not allowed, cadets should wear an undershirt to stay warm. On the other hand, extra layers should not be worn in warm weather.

5. Cadets are to ensure that they are adequately nourished and hydrated before a parade. In all cases this means cadets must eat a substantial meal and drink plenty of water. This includes eating breakfast prior to ANZAC Day Dawn Services. Carbonated soft drinks should not be consumed before a parade.

6. Cadets are reminded to use the bathroom before parades. One can become very tense and agitated standing still with a full bladder.

#### **During the parade: strategies to minimise the risk of fainting**

7. Whilst on parade, cadets are to take the following steps to ensure blood circulation to the brain continues:

- a. use the correct attention and at-ease positions, as bad body posture can lead to fatigue;
- b. move toes inside shoes/boots;
- c. tense and release different muscles in turn;
- d. bend the knees very slightly (without moving the upper body);
- e. clench and unclench the fists;
- f. slightly raise the heels off the ground (again, without moving the upper body);
- g. maintain concentration and use methods such as looking for faces in the crowd, counting objects, identifying medals and insignia etc. (without moving the head); and
- h. pay attention as to what is going on – don't let the mind wander and daydream.

#### **Action if feeling faint**

8. Notwithstanding all the preparation above, if a cadet genuinely feels faint or unwell, they are to go down on one knee and a staff member will retrieve them from the flight.