



Clinic in the Park

A Project of the American Academy of Pediatrics – Orange County Chapter nonprofit organization (501c3)

Volunteer Training





What is Clinic in the Park?





What are Our Goals?



Increase Access to health services in public venues (parks, schools, resource centers) & connect to medical and dental homes

Provide Venue(s) where health organizations, public, private and academic institutions/organizations and individuals *collaborate to provide services*.

- One Stop Shop
- Greater impact - refer and cross refer
 - Replicable Model

Advocate

- Provide community resources in underserved communities
- Mentor next-gen health professionals
- Demonstrate economic benefit for public services
- Advocate for child health policies that optimize the health and well-being of children



Who are our Collaborators?

Clinic in the Park partners with 70+ collaborators that connect our visitors to services, provide free screenings, and deliver health education, along with essential safety equipment. See our website for types of services we provide.



Who are our Visitors?

- Underserved children and families in Orange County
- Residents of Anaheim, Buena Park, Costa Mesa/Newport, Fullerton, Santa Ana and other areas based on need





Volunteer Requirements



- Complete and sign the waiver.
- Bring the signed waiver to the event.
- If under 18, a parent or guardian must also sign the waiver.
- Review this presentation and protocols
- Sign up for each event you plan to attend
- Notify Clinic in the Park at least 24 hours prior to the event if you are unable to attend
- Plan to come at least one hour before the event to help with set up and stay 30 minutes after event for clean up
- Make sure to sign in and out to verify your hours



During the Family Health Expos

Dress Code: Casual

- If possible, please wear a green shirt so that we can identify our volunteers.
- Wear comfortable and closed shoes for your safety.
- Wear a name tag. We provide name tags at the sign-in table.

Training

- Please introduce yourself to our staff. You will be assigned to a station and we will conduct a training at the start of each Family Health Expo.



Overview of Tasks

Volunteers can assist at the welcome table, individual collaborator stations, the booster seat station, or the helmet station. Each station has specific protocols and expectations for the volunteers. You will learn about the wealth of healthcare and family support services available. You will also learn about the American Academy of Pediatrics evidence-based health care messages.

Welcome Table Volunteers:

Volunteers welcome guests, administer our 4-page “Family Needs Assessment Survey,” explain & distribute the Loteria forms, distribute Clinic in the Park tote bags & books, and inform families of Expo services.

Bicycle Helmet Station:

Volunteers assist in measuring the child’s head to ensure we provide the correct helmet size, assisting parents with completing waivers & survey, assist in distributing helmets, and help to educate families on helmet safety and how to properly fit the helmet on the child.



Overview of Tasks (continued)

Booster Seat Station:

Volunteers measure children to ensure they meet weight and height requirements for booster seats, assist families in completing surveys & waivers, translate (as needed) in Spanish or other language and provide general assistance to our Child Passenger Safety Technician. Our Child Passenger Safety Technician does most of the education but needs assistance in translating the information and completing the surveys & waivers.

General volunteer assistance:

Many of our visitors are Spanish speakers. Our volunteers also help in translating the information at each of the stations. In addition, volunteers help with set-up and clean-up of the events.



Welcome Table

Volunteer Roles & Tasks at the Welcome Table include:

Greeter:

Greets families to make them feel comfortable. Distributes & explains Loteria form to incentivize families to attend as many stations as possible. A Spanish speaking volunteer is preferable.

Tracker:

Keeps track of each individual who visits the Welcome Table (children are included in the count).

Family Needs Assessment Questionnaire:

Volunteers ask the questions of each family completing the survey.

(Note: This is voluntary, confidential, anonymous)

Survey Assistant:

Assists in completing the “Family Needs Assessment Questionnaire”

Distributor:

Distributes and counts the tote bags & incentive items

Please make sure you read the complete protocol at event.



Visitor Satisfaction Survey

Volunteers assist with distributing our “Visitor Satisfaction Survey,” which is a short survey to gauge satisfaction.

Volunteer duties include:

1. Distributing the survey to families as they leave the Health Expo
2. Writing down comments received from families.
3. Volunteers are encouraged to also submit comments about their experience at the Expo.



Bicycle Helmet Fitting Protocol

1. Volunteers will welcome families
 - a. Ask if their child has a bicycle helmet
 - b. Child **MUST** be present for us to fit and distribute a helmet.
2. Use hand sanitizer before and after each fitting, use disposable gloves and a fresh pair for each fitting.
3. Measuring head circumference, using disposable paper tape.
4. Make sure the child is seated.
 - a. If we do not have the proper size, **DO NOT** distribute an improper size.
5. Bicycle helmet assessment
 - a. Assist in completing the survey
 - b. Use one form per child

Please make sure you read the complete protocol at event.



Bicycle Helmet Education



Easy Steps to Properly Fit a Bicycle Helmet

It's not enough to simply buy a bicycle helmet – it should be properly fitted, adjusted, and worn each time you ride.

The Proper Helmet Fit

Helmets come in various sizes, just like hats. Size can vary between manufacturers. For the most comprehensive list of helmet sizes according to manufacturers, go to the Bicycle Helmet Safety Institute (BHSI) site: <http://www.danscomp.com/products/charts/helmetchart.htm>

To select and properly fit a bicycle helmet, follow the helmet fitting instructions in this flyer.

It may take some time to ensure a proper fit. It is easier if you have someone help you adjust the straps.

Step 1 Size:

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.



Step 2 Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



Step 3 Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



Step 4 Side Straps:

Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.



Step 5 Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



Step 6 Final Fitting:

A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.

- B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.
- C. Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.
- D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.



www.nhtsa.gov
NHTSA



Bicycle Helmet Education (Continued)



When to Replace a Helmet.

Replace any helmet that has been involved in a crash, or is damaged.

The Helmet Should Fit Now.

Buy a helmet that fits your head now, not a helmet to “grow into.”

Replace any helmet that has been outgrown.

The Helmet Should Be Comfortable.

If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments. If you buy a helmet that you find comfortable and attractive, you are more likely to wear it.

The Helmet Must Cover Your Forehead.

The Chin Strap Must Be Tight and Properly Adjusted.

The Helmet Should Not Rock Forward or Backward on Your Head.

If it does, see step 6.

A bicycle helmet can protect your head and brain ONLY if you wear it each time you ride!

Helmet Laws

Many States and local jurisdictions have bicycle helmet laws; please refer to your State or local jurisdiction. To find this information go to www.helmets.org/mandator.htm

A bicycle crash can happen at any time. A properly fitted bicycle helmet reduces the risk of head injury by as much as 85 percent and the risk of brain injury by as much as 88 percent.

More children age 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head. Helmet laws ensure the safety of our children.



Model Safe Behavior

Everyone — adult and child — should wear bicycle helmets each time they ride. Helmets are the single most effective way to prevent head injuries resulting from bicycle crashes. Wearing a helmet each ride can encourage the same smart behavior in others.

Helmet Certification

Buy a new helmet that has been tested and meets the uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC); use an old helmet only if it has a seal from one or more of the voluntary bicycle helmet standards, such as ASTM, Snell, or ANSI. Look for the certification seal labeled on the helmet.

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For more information on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) Web site at: www.nhtsa.dot.gov

www.nhtsa.gov
NHTSA



Booster Seat Protocol

Education & Distribution

Education is performed by our Child Passenger Safety Technician (certified) who must approve distribution of the booster seat.

- Child must be present to receive a booster seat and must be fitted and provided with the educational information.
- Children must be at least 45 pounds.
- Our Child Passenger Safety Technician and/or volunteer must fit each child and provide the seat.
- Please use hand sanitizer before and after each child is fitted.

Booster Seat Demonstration Video

<https://www.nhtsa.gov/car-seats-and-booster-seats/how-install-backless-booster-seat>



Booster Seat Protocol Education

California Law



Current California Law:

- Children under 2 years of age shall ride in a rear-facing car seat unless the child weighs 40 or more pounds OR is 40 or more inches tall. The child shall be secured in a manner that complies with the height and weight limits specified by the manufacturer of the car seat. (California Vehicle Code Section 27360.)
- Children under the age of 8 must be secured in a car seat or booster seat in the back seat.
- Children who are 8 years of age OR have reached 4'9" in height may be secured by a booster seat, but at a minimum must be secured by a safety belt. (California Vehicle Code Section 27363.)
- Passengers who are 16 years of age and over are subject to California's Mandatory Seat Belt law.

When can a child graduate to a booster seat?

California law does not address graduation time from a five point harness to a booster seat. In the interest of safety, do not rush to move a child into a booster seat before they're ready. Each time you "graduate" your child to the next seat, there's a reduction in the level of protection for your child. Keep your child in each stage for as long as possible.

Booster Seat Protocol Education (Continued)

The Right Seat

Fits the Child • Fits the Vehicle • Is Used Correctly on Every Trip

Rear-Facing Only and Convertible Seats

- Never in front of an airbag
- Rear facing until child reaches upper weight or height limit of car seat set by manufacturer
- Harness snug at or below shoulders
- Chest clip at armpit level
- Attach to vehicle with seat belt or lower anchor
- Don't add anything extra to the seat



Forward Facing Seats with Harness

- Use a 5-point harness to upper weight or height limit of seat
- Up to 40-90 pounds
- Harness snug at or above shoulders
- Chest clip at armpit level
- Attach to vehicle with top tether strap and seat belt or lower anchor
- Check the side of the car seat for the highest weight allowed to use lower anchors



Booster Seats

- Until 4' 9" and 8-12 years
- Always use lap/shoulder seat belt
- Never put shoulder belt behind back or under arm
- Use highback booster for vehicle seat without headrest



Adult-Size Seat Belts

- Back straight against vehicle seat and knees bent at seat edge
- Shoulder belt across chest, not neck or throat
- Lap belt low and snug across upper thighs, not stomach
- Children younger than 13 should always ride in the back seat





Family Health Expo Conclusion

- Work with your station to collect evaluation data
- Help Clinic in the Park clean up after the event
- Be sure to sign-out before leaving

Additional Resources:

www.healthychildren.org

This is the American Academy of Pediatrics Parent page which contains valuable information on child health issues.

Safe Sleep for Infants - Nursing Curriculum.



Enjoy Your Experience

Our families appreciate your services!

Questions?

Please Email:

info@clinicinthepark.org

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Orange County Chapter, a non-profit organization