

Waterbearing 101

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According to Lex Atenveldtus, the only one who can remove a fighter from combat related activities is the Crown or the Marshallate with permission from the Crown. However, the surgeons and waterbearers should monitor the combatants and advise the marshallate as necessary.

Sanitization:

Sanitization is a priority to keep everyone happy and healthy.

Cleaning Supplies:

- Bleach Solution
- Bleach Wipes
- Hand Sanitizer
- Baby Wipes

Equipment/Supplies:

Bottles:

Several different bottles are available for waterbearing. At smaller events sport-type squeeze bottles are very useful. People can easily grasp them and squirt them into their mouths. For large wars, 2L bottles with squirt tops require less refilling. Some combatants cannot use the sport-top bottles. 2L bottle caps can be drilled to accommodate plastic tubing. Unless there is an airtight seal in the cap where the hose is inserted, the combatant must suck on the hose to receive water. The resulting backwash—as well as saliva—can contaminate the equipment and potentially make someone (or many) sick.

Gatorade:

Typically, we use half-strength Gatorade when waterbearing. This serves several purposes. It adds flavor to the water but is not as sugary as full-strength; it also stretches the supply so that it is less expensive.

Pickles:

Pickles are salty and help to replenish whatever salt that has been lost through sweating.

Oranges:

Oranges provide a natural form of sugar which helps boost energy levels without overloading the body.

Heat Related Illness:

Even on a cloudy, moderate day someone can have a heat related illness. Combatants are often wearing several layers of clothing and armor, as well as a padded helmet. Often, combatants have not been training regularly, so their bodies are trying to adjust to the additional exertion.

Dehydration:

Human bodies are composed of mostly water. If people do not drink enough water, their bodies can become out of balance.

Typical indications of dehydration may include:

- Thirst
- Headaches
- Muscle and Joint pain

Heat Exhaustion:

Typical indications of heat exhaustion may include:

- Cool, moist, pale or flushed skin
- Headache, nausea, dizziness
- Weakness, exhaustion
- Heavy sweating

Heat Stroke:

Heat stroke is a life threatening illness. Contact help immediately.

Typical indications of heat stroke may include:

- Red, hot, dry skin
- Dizziness
- Changes in consciousness
- Vomiting