

HERE ARE SOME THINGS YOU NEED TO KNOW AND SOME TIPS TO HELP YOU PREPARE!

Working Sun 'n Fun is a highly rewarding experience for all of us. But it can be a strain on you if you don't take proper care of yourself. There can be some long days and these are a few things that you should think about in your preparation of items to bring and remember:

1) Make sure you wear your **Production Crew Uniform** consisting of your Navy Blue Production Crew Shirt and Khaki pants. **(No Jeans or Shorts please.)**



2) Always wear your **Identification Badge at all times...** You will not be admitted into the facility without your proper identification. Security at the studio will be a high priority throughout Sun 'n Fun.



3) Make sure you allow yourself plenty of time to get your car parked and yourself into the facility for the pre-production meetings. There will be a tremendous amount of traffic making your mobility to get to the studio difficult.



4) Make sure you **wear comfortable shoes.** Bringing an alternate pair is a good idea so you can change them and refresh your

feet during the day. **Ladies.... high heels** are not a good idea. You will be moving through the facility rapidly and navigating the stairs can create a problem.

5) Make sure you bring some **high energy snacks** with you. We will have lunch provided for us but a quick high energy snack is a good idea to keep you going. (Power Bars, Bananas, Ensure, Peanut Butter products are all good snacks)

6) **Drink plenty of fluids,** gatoraid and water will help you make it through the day. You need to keep yourself hydrated. The days are hot ... though the studio is air conditioned there will be a lot of people in the facility making the temperature warmer than you are used to at the studio.



7) When it's time for your **break....** Take it!... You need to break away for a bit to refresh yourself... and besidesyou surely want to take some time to see Sun 'n Fun!



8) If you are **not feeling well** please let Obie or your area supervisor know immediately. We don't want anyone pushing themselves too far or becoming ill!

9) The NRC has a **first aid kit** for general purpose. If you, or a visitor attending the event, require care beyond a first aid kit the on field Emergency Medical Unit



should be notified immediately. Contact your area supervisor immediately!

10) At times a visitor to Sun 'n Fun, that might be suffering from heat stroke or other illness, will be brought to the facility to rest and be treated in the air conditioning. Try to keep the attention drawn to a minimum and keep spectators back to allow the medical staff space to work. The programming in the building will continue, as scheduled, with interruptions kept to a minimum.



11) **Please be on time for the 7:30am briefing.** It is critical for everyone to be assigned and up-to-speed on the days activities.

12) It is your responsibility to be on your assigned station no later than 15 Minutes prior to each program. There may be times when you need to be on station earlier. Please be prepared to take your station if the control room calls for you. Do not switch your position without permission from the T/D and affirming it is O.K. to do so.



13) Most of all **enjoy your Sun 'n Fun experience!** That's why we are all here and you are an important part of making the Production Studio activities "second to none" for all the Sun 'n Fun participants! Enjoy Sun 'n Fun and **Thank You for being part of the Team!**

