

Foot Care and Rock-N-Water

Working outdoors and being in and out of the water is so much fun that it's easy to forget the parts of your body you are putting at risk – namely, your feet. Healthy, undamaged feet inside of the right kind of high quality footwear are crucial for your job, safety, and overall happiness.

Required:

Rock-N-Water requires all volunteers to have a pair of **Z/2 or ZX/2** sandals with **chacogrip soles** from **Chaco**. Some of their prebuilt versions include the chacogrip soles, but often you'll need to go via their customize route. With the discount these cost you around \$60. If this requirement is in any way a hardship to you, or if you think you know of a better footwear option for yourself, please contact me immediately. Order these Sandals as soon as possible so that you have time to break them in.

Discount:

As a Rock-N-Water employee you are eligible to get "Pro Deal" pricing on Chaco sandals. Sign up at: <http://www.chacoprodeal.com> and click on "New User..." You'll need the following information:

Mailing Address: Use yours **User Type:** Outdoor Group **Detail:** Employee

Company: Rock-N-Water **Company Account #:** Leave Blank

Company Info: PO Box 307 Coloma CA 95613 530-621-3918

If they don't like the PO Box use: 6580 State Highway 49 Lotus CA 95651

Hire Date: Date accepted **Employee Verification Contact Person:** Jansen Wendlandt

Referred By: Work (Rock-N-Water)

It can take up to 2 weeks for your account to be activated – so do this right away!

Pre-Season Foot Care Instructions:

Brand new shoes/sandals rub your feet in brand new places and often cause blisters and sores, that take time to heal. Therefore, before you arrive, you need to "break in" *all* footwear you will be bringing (and your feet), until you are comfortable wearing them all day long.

Some advice on breaking in footwear and your feet:

- Take them off as soon as your feet get uncomfortable, sore, or have red marks.
- Don't wear them again until your feet are healed and no red marks remain.
- Build up the time you spend in them gradually.
- Break in "old" footwear (or rather your feet) if it's been awhile since you wore them.

Preventative Care – Nothing renders you useless more quickly than the distraction of painful and torn up feet. Everyone's feet are different, but here are some basic tips:

- Keep your feet clean and dry!
- Keep toenails short. Cut toenails straight across the top to avoid ingrown nails (ouch).
- Alternate footwear when possible to prevent rubbing in the same place day after day.
- Tape your feet when you start to feel a "hot spot" or potential blister forming.
- Wear comfortable dry shoes with socks around camp when not expecting to get wet.
- Prevent & Take care of "river crack"
 - Sometimes caused by a variation of athlete's foot (it won't itch or burn). Try an over the counter anti-fungal athlete's foot cream to prevent and get rid of it. Otherwise:
 - Wash your feet nightly to remove dirt and germs that can damage your feet over time.
 - Sand calluses with a pumice stone or foot file before they become debilitating cracks.
 - Hydrate your feet at night with lotion (w/"glycerine" in the ingredients) and socks.

Yes – Foot care is so important that we devote a full page to it before you arrive. It is very common for those who do not pay close attention and care for their feet to quickly develop problems that take weeks, or longer, to correct.