**Appendix A**

**Health and Safety for Marching Band**

Marching band is a physically demanding activity. A high level of physical fitness is required, not only to perform the show, but to keep members safe during the rigorous practice schedule.

All members of the ensemble should comply with the following measures. If your instructors have additional requests honor those as well.

Parents: Please go over the information with your student and help make sure they follow through so that we can be safe and productive at every rehearsal.

Students: **The following items are for *your* safety and comfort.** Please comply and help all members of the band remember to follow these guidelines.

1. **Proper Attire**

 1. Footwear - **Athletic shoes** should be worn for rehearsals (“casual shoes” such as Chuck Taylor’s are NOT athletic shoes because they lack the needed support.) Socks should be worn at all times. Sandals of any kind present a safety hazard and members will not be allowed on the field in sandals.

 2. Shirts - **School appropriate t-shirts or tank tops** should be worn for rehearsals. This allows for the greatest freedom of movement and eliminates visual distractions. During hot rehearsals it recommended that light colors are worn.

 3. Shorts - **Athletic shorts/pants** should be worn for rehearsals. This allows for the greatest freedom of movement. Denim should never be worn for marching rehearsals.

1. **Heat Safety**

 1. Hydration - Bring a **water jug** (1/3 a gallon or larger is advised), labeled with your name, to all rehearsals. Drink water on all breaks, even if you do not feel thirsty.

 2. Sun care - **Sunblock** should be applied before going outside and throughout the day. **Lip balm** with SPF should be applied as well. **Hats** and **Sunglasses** are also advised. Seek shade when it’s available.

1. **Conditioning**

 Increasing the level of activity prior to any band camps reduces the likelihood of injuries or sickness.

 1. Stretch - Go through our stretch routine on your own.

 2. Get Active - Find ways to build your endurance and fitness level. Some of the band leadership works together on this so join in on the fun!

 Remember: start slow, watch for your bodies warning signs, and be diligent.