



Marching band is a physically demanding activity, requiring strength, agility, endurance and mental toughness. In order to avoid injuries and keep ourselves healthy throughout marching season (and life!) we must be committed to caring for our bodies in a way that keeps us in the best possible shape for the physical challenges we will face.

Please note the following recommendations as you prepare for band camp, rehearsals, and performances.

BEFORE BAND CAMP

- Get in the habit of drinking plenty of water (even more than you may be used to!)
- Keep fit through **regular** exercise (cardio and strength training). If you are not accustomed to exercising, consult your doctor before beginning a new fitness regimen.
- Eat nutritious food. Junk food is tempting but it does not provide the nutrients our bodies need to be at their peak.

BAND CAMP/REHEARSALS

- Bring your own water and be sure to drink plenty throughout the day. Jugs can be refilled during breaks. The correct amount of water intake is key:
 - Drink between $\frac{1}{2}$ and $\frac{3}{4}$ quarts of water per hour of physical activity, but no more than 6-7 quarts of water per 24 hours. (Too much water causes water intoxication - a serious medical condition which results in reduced sodium in the bloodstream.)
- Supplement water intake with sports drinks, such as Gatorade, Powerade, etc. to replace nutrients lost through heavy sweating. Aim for a ratio of 1 quart sports drink for every 2 quarts of water.
- Apply sun block every day before heading outside and reapply often throughout the day.
- Wear a hat with a visor or a floppy that also protects your ears and neck.
- Wear loose-fitting, light-colored clothing. Avoid jeans and long pants.
- Wear socks and comfortable (already broken-in) sneakers (with arches) to avoid blisters, ankle and knee injuries. Be sure shoes are properly fitted with insoles.
- Stretch a bit at the end of rehearsal and go directly home each night after rehearsal and get a solid night's sleep.



HEED THE HEAT!!

*Heat exhaustion and heat stroke are serious conditions and you might not know you're headed for danger until you're already there. Here are some warning signs....

If you are feeling these symptoms - or notice someone you think may be in trouble - notify staff immediately. **Heat stroke is a medical emergency!**

HEAT EXHAUSTION

- Pale, cool, moist skin
- Profuse sweating
- Feeling of faintness (or collapse)
- Headache, weakness, thirst, and nausea
- Temperature of more than 100 degrees and increased pulse rate

HEAT STROKE

- Loss of consciousness or markedly abnormal mental status
- Flushed, hot, and dry skin (although it may be moist initially from previous sweating or from attempts to cool the person with water)
- Dizziness, confusion, or delirium
- Slightly elevated blood pressure at first that falls later
- Hyperventilation
- Temperature of 105 degrees or more

**If at any time
you feel that your health and safety
are in jeopardy,
notify a staff member immediately!**