

Student Support Details

(Previously Health & Safety)

The Lambert Marching Band needs parents to volunteer during summer camp, after-school rehearsals, and Saturday rehearsals to provide support for the students and the directors so they can stay focused on rehearsals and the show.

This team is responsible for the following items:

- Providing Water Coolers (filling the large orange water coolers)
- Acquiring the cooling towels (as needed; suggesting students to bring their own)
- Supplying the First Aid Bag (All administration of first aid must be by the directors)
- Setting up tents and chairs (as needed, based on heat)
- Providing adult support outside of directors for anything that comes up

>>You will receive a reminder email for your shift with details of what to expect. If it is your first time volunteering, be sure to read through the Volunteer Manual.

>>All volunteers for the day will receive a BandApp Chat invite to communicate all the details for that day. Be sure to check there, ask questions, and confirm what needs to happen with the shift change.

At Lambert High School:

**If we are working out of the stadium, (Ice/water will come from the visitor side concession stand; will need to get the master key from Band Director; be sure to return the key right away!)*

Volunteers 1st Shift

- Go to the Booster Closet, located in the band room.



- Take the big orange Gatorade cooler, the “Beast” cart and the black backpacks that are marked for First Aid. Make sure to have some plastic cups as well (extra cups are in the cabinet on the back wall/left side. Students are encouraged to have a large water jug for refillable purposes.

- During the hot times of year, you will need a second wagon with one or two pop up tents and chairs to set up near the students.
- The black backpacks are the first aid bags and are on the shelves located at the entrance of the booster room.



Health and Safety Backpacks

(These are for basic first aid; Medication cannot be administered except by a parent or by a director if there is a OTC Form on file for the student)

Make sure the bags have:



- A few Blue cooling towels
- Basic first aid (Band aids, neosporin, bug bite spray, disposable ice packs, ace bandages)
- Portable Ice Packs
- Medicine like Advil, Motrin, Benadryl (**All medication must be administered by directors with OTC form on file**)
- Liquid IV, Some granola bars and Gatorade in case a student needs a little bit of sugar
- Fans are helpful during hot seasons

Roll the “Beast” to the 1700 Hallway and follow the instructions below to add ice and water to the Gatorade cooler.

- *NOTE: We cannot provide Gatorades or sugary drinks to the students while they are rehearsing. Just water.*



WHERE TO GET WATER & ICE



FOR THE BAND

PLEASE FOLLOW THESE DIRECTIONS

1 GO DOWN THE 1700 HALLWAY.



2 TURN RIGHT DOWN THE HALLWAY BEHIND THE GYM.



3 ENTER THE SECOND SET OF GYM DOORS.



4 ICE MACHINE IS IN THE NORTHSIDE SPORTS MEDICINE OFFICE.





FILL YOUR COOLERS WITH ICE HERE.

5 WATER CAN COME FROM THE LAUNDRY CLOSET DOWN THAT SAME HALLWAY.





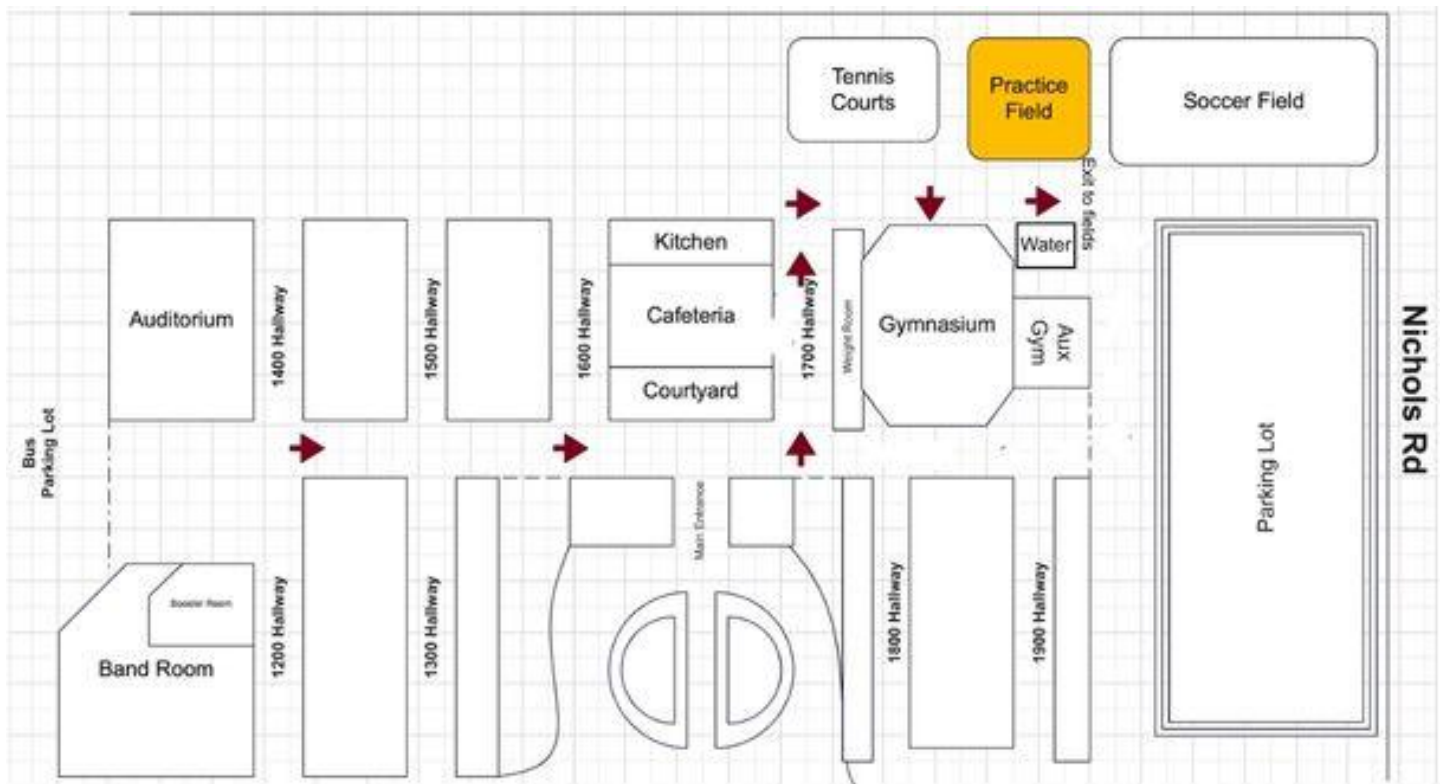


YOU WILL NEED PITCHERS TO FILL THE COOLERS WITH WATER.

! THANK YOU FOR HELPING KEEP OUR BAND HYDRATED AND READY TO PERFORM!

Make sure the ice scoop gets put back on the wall

- You can walk out the double doors directly outside towards the practice fields. *See the maps below.*
- If on the football field, it will be easier to load the water in a car and drive it down to the field or we can fill coolers from the visitor's side concession stand (will need master key from director).



Volunteers 2nd Shift - Break Down at end of event/rehearsal

- The orange water coolers and Health and Safety Bags should be now outside where the band is practicing (Practice Field or Football Field).
- Check the schedule posted by Mr. Morrison or Dr. Buckholtz in the band app to know where they are located at the time of your arrival. Post a comment on the BandApp - LMB 2026 group that you are there and include your phone number if they need anything.
- You may need to assist in refilling the water coolers.
- At the end of the shift, please do the following:
 - Empty the orange coolers
 - Roll the carts/wagons back to the Booster Closet and leave it inside with the lid of the cooler off. This allows the cooler to dry out.
 - Place the black backpacks (Health and Safety Backpacks) on the shelf. Please clean out any items and notify the E Board (via the Band App) if additional supplies are needed.
 - If the Cooling Cloths need to be washed, please volunteer to take them home, wash them and bring them back or notify the E Board (via the Band App).

For All Shifts:

>>If anything has been used from the First Aid bags, be sure to log the details in the Student Support Form so the bags can be refilled. The link to the form is here:

<https://forms.gle/TebpyaQoQkB1KGPq8>

THANK YOU!

If you have any questions about student support, please contact Rimmy Bindra at rimmykbindra@gmail.com or via BandApp Chat Group