

# **Important Health Tips** **For All Marching Band Members!**

## **Rehearsals:**

1. Students must come to rehearsal in proper attire. Loose fitting clothing is desired. Tennis shoes are required. Please see rehearsal procedures for policy.
2. Students should bring a labeled water jug to use during each rehearsal, especially during long practices.

## **Performances:**

1. Eat a good dinner the night before a performance, normally on the day of, but eat little or nothing within one hour of the performance. Always eat a good breakfast.
2. Avoid carbonated beverages on parade day because they tend to have a reverse effect. Water or fruit juices are recommended. New marchers may not realize how much fluid you lose during rehearsal/performances. Students must drink plenty of liquids hours before. Drinking immediately before a performance does not give your body the chance to nourish itself compared to hours before.
3. Avoid over exertion prior to parade time.
4. Suitable undergarments must be worn underneath uniforms so they may be removed along the parade route if necessary. I recommend athletic shorts and a t-shirt. This will also allow you to change in and out of your uniform in public view, if changing areas are congested.
5. Do not board busses immediately following a performance. Loosen or remove uniform, drink water and continue walking slowly around assembly area.
6. Should you feel ill along the parade route, drop out of line and go over to the curb area and a parent chaperone will assist you.

# Marching Band Chaperone Duty Guidelines

## Before Leaving:

1. Help load trailer
2. Distribute yourselves among buses and get head counts and secure your seats.

## Bus Trip:

1. Maintain order on your bus!
2. Students must follow general bus rules:
  - a. No standing and moving around when bus is in motion
  - b. No throwing food, liquid, trash
  - c. No putting their head or hands out the windows of a moving bus
  - d. Act respectfully to the driver and chaperones
  - e. Use emergency door to load/unload equipment only
3. Discipline as necessary by seating students with you
4. Upon arrival, keep students seated until bus is parked
5. Head counts whenever reloading bus at stops
6. Students not riding home on bus must report (with the parent present) to the staff or a chaperone before being dismissed.
7. Upon return to Hastings, check bus for items left, students must pick up the garbage, unload trailer

## Prep at Site:

1. Unload trailer (field show: help w/tractor, cart, pit)
2. Set up water coolers for students
3. Bring out bags with rubber bands, bobby pins, safety pins
4. Help with dressing students are requested
5. Police area (we want to represent our community as neat and courteous as possible)
6. Reload trailer

## Performances

1. Chaperones distributed among the band unit to carry water bottles
2. Stay at the curbside when it route
3. Water bottles are for emergencies as needed when not playing. Give to end students for them to pass through rows.
4. Refrain from jumping into the band block to give water unless absolutely necessary
5. Keep your eyes open for students who may need assistance
6. If a member needs assistance, walk them to a shaded area by the curb, loosen clothing, and give necessary attention.

## Field Show

1. Move pit to field and set up
2. Quickly remove at conclusion of performance and return to trailer

**Thank you for your help. It is greatly appreciated!!**