



Physical Safety Guidelines

12/2021

CONCUSSION PROTOCOL

1. Staff will immediately inform the health staff of any member that sustains an injury during rehearsal that involves trauma to the head.
2. The health staff will: obtain injury details, and assess the member. If symptoms are noted by the health staff, then the member will be excluded from all participation, until such time as the member is medically cleared to return to participation. If the member is under 18, the health staff will contact the parents directly within 2 hours.
3. The health staff will notify the director and appropriate staff, and will include the status of concussed members in the daily injury report.
4. If the member is taken to an urgent care or emergency room the member will be accompanied by health staff. The member will then need to follow up with the health staff as well as a licensed provider for retesting and medical reevaluation before returning to physical activity/sports, unless clear guidelines are given by the licensed provider during the initial visit.
5. The member cannot participate in any performance or events until they have successfully completed the suggested full three day progression and remained symptom free. Return to rehearsal progression will be as follows:

****Horns/Drumline**

Day 1: Marching basics and stand still playing only

Day 2: Marching basics, drill and stand still playing (no ensemble)

Day 3: Full participation

****Color Guard**

Day 1: Flag/ Weapon basics, no tossing. Dance, no across the floors

Day 2: Sectionals, spinning on the move. Dance with across the floors (no ensemble)

Day 3: Full participation

Staff cannot override the decision of the health staff to exclude a marcher from participation.

HEAT RELATED ILLNESSES

High temperatures can present a dangerous situation for members and staff, but with reasonable precautions those situations can be mitigated. The health staff must be consulted for the official temperature and the proper course of action for each day. Whenever possible, the acting director and health staff should consult with each other as early as possible during an individual day in order for all concerned parties to be notified of possible changes to practice schedules/activities appropriately. The acting director will communicate any changes to the schedule or activities. The use of more stringent policies is up to the director.

Health staff and the acting director should collaborate prior to each rehearsal to discuss specific conditions and planned activities for rehearsal. The acting director will communicate any change. Staff should be aware of the signs and symptoms of dehydration:

- Dry mouth Thirst Irritability General discomfort Headache Apathy Weakness Dizziness Cramps Chills Vomiting Nausea Head or neck heat sensations Excessive fatigue and/or decreased performance

*If any of these signs or symptoms are observed, notify the health staff immediately. Early detection of dehydration decreases the occurrence and severity of heat illness.

Heat Cramps - Cramps that occur during exercise.

Treatment

- Hydrate the member and replace sodium losses with a sports drink or other source of salt.
- Relax, stretch, and massage the involved muscle to reduce acute discomfort.

Prevention

- adequate conditioning, acclimatization, hydration, electrolyte replacement, and appropriate dietary practices

Heat Exhaustion - Inability to keep up with exercise due to intensity of effort and environmental heat factors.

Symptoms

- High pulse rate and low blood pressure
- Extreme weakness

- Dehydration and electrolyte losses
- Coordination problems, fainting, lightheadedness
- Profuse sweating, paleness, “prickly heat” sensations
- Headache
- Abdominal cramps, nausea, vomiting, diarrhea
- Persistent muscle cramps
- Mild confusion which can quickly resolve with rest and cooling

Treatment

- Move member to shaded or air conditioned area to rest
- Remove extra clothing or gear
- Cool with cold water, fans, or cool towels (replaced every 23 minutes)
- Lay with legs raised above level of heart
- Give member cool/cold fluids to drink if not vomiting
- If symptoms do not improve within 30 minutes, call 911 or send member to hospital 2

Exertional Heat Stroke - High core body temperature along with organ dysfunction. The longer the body is at an elevated temperature, the more dangerous. Temperature is usually 104 degrees or above.

Symptoms:

- disorientation, headache, irrational behavior, irritability, emotional instability, confusion, altered consciousness, coma, or seizure
- hyperventilation, dizziness, nausea, vomiting, diarrhea, weakness, profuse sweating, dehydration, dry mouth, thirst, muscle cramps, loss of muscle function, and ataxia

Treatment:

- Call 911. This is a MEDICAL EMERGENCY!
- In meantime, initiate cooling measures “cool first, transport second”
- Move member to shaded or air conditioned area to rest
- Remove extra clothing or gear
- If available, put in tub with cold/ice water; place in cold shower; douse with water from hose
- Cool with cold water and fans, or cool towels (replaced every 23 minutes) Lay with legs raised above level of heart
- Give member cool/cold fluids to drink if not vomiting
- Cool until member begins to shiver OR for 15-20 minutes of active cooling OR medical help arrives.

Sources: Binkley, H. M., Beckett, J., Casa, D. J., Kleiner, D. M., & Plummer, P. E. (2002). National Athletic Trainers' Association Position Statement: Exertional Heat Illnesses. Journal of Athletic Training, 37(3), 329–343.

LIGHTNING PROTOCOL

It is imperative that all personnel are aware of lightning hazards and the specific safety shelter for their venue. In the event of lightning during a rehearsal or event, precautions must be taken to ensure the safety of both members and spectators. In any event, the health staff, in conjunction with the acting director and/or public safety officials (i.e. police) if necessary will be responsible for monitoring inclement weather.

Lightning Detection

Lightning awareness should be heightened at the first flash of lightning, clap of thunder, and/ or other criteria such as increasing winds or darkening skies, no matter how far away. The health staff is responsible for monitoring the progress of inclement weather by primarily using a Weather App. Another option is to count the amount of seconds between the flash of lightning seen and the thunder that follows, divided by 5. That number represents the amount of miles the lightning is from the site. 8

The indicator for clearing the field of rehearsal with the weather app is 6 miles or less. In the event that members need to be removed from rehearsal site, the health staff must notify the corps

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director who will then notify the staff. Once the staff has been notified they must immediately comply, end rehearsal and move to a safe shelter.

Safe Shelter

Instructional staff should all be aware of the closest safe shelter to the rehearsal site and how long it takes to reach that shelter. A safe structure or location is defined as “any sturdy, fully enclosed, substantial, and frequently inhabited building that has plumbing and/or electrical wiring that acts to electrically ground the structure”.

Examples of locations that routinely DO NOT meet the criteria include

- Baseball / softball dugouts;
- Baseball / softball “covered” batting cages;
- Soccer covered benches;
- Under metal bleachers;
- Outside storage sheds; and/or
- Canopy / awning / tent

In the absence of a sturdy, fully enclosed, substantial, and frequently inhabited location as described above, a secondary structure such as a fully enclosed vehicle or tour bus with a hard metal roof, rubber tires, and completely closed windows can provide a measure of safety. Persons should not touch the sides of the vehicle!

Persons should avoid taking showers and using plumbing facilities (including indoor and outdoor pools, whirlpools, Jacuzzis, and hot tubs) and landline telephones during a thunderstorm.

If no safe structure or location is within a reasonable distance, personnel should find a thick grove of small trees surrounded by taller trees or a dry ditch. Everyone should assume the “lightningsafe” position a crouched position on the ground with the feet together, weight on the balls of the feet, head lowered, and ears covered. DO NOT LIE FLAT! Minimize the body’s surface area and minimize contact with the ground.

If unable to reach safe shelter, persons should stay away from the tallest trees or objects (i.e. light poles, flag poles, etc.), metal objects (i.e. fences, bleachers, etc.), individual trees, standing pools of water, and open fields. Persons should avoid being the highest object in an open field.

Members should not rehearse outside until 30 minutes has passed since last lightning/thunder is seen or heard.