Lancer students, parents, and community –

We are continually evaluating our practices and policies as they relate to the health, wellness, and safety of our members and staff. Through this evaluation process we will be releasing an updated version of our handbook in the future – but please review the attached ‘Health, Wellness, and Safety Guide.’ The well-being of the members, volunteers, and staff of the ‘77 Lancers’ is our most important job – and it’s one we take very seriously.

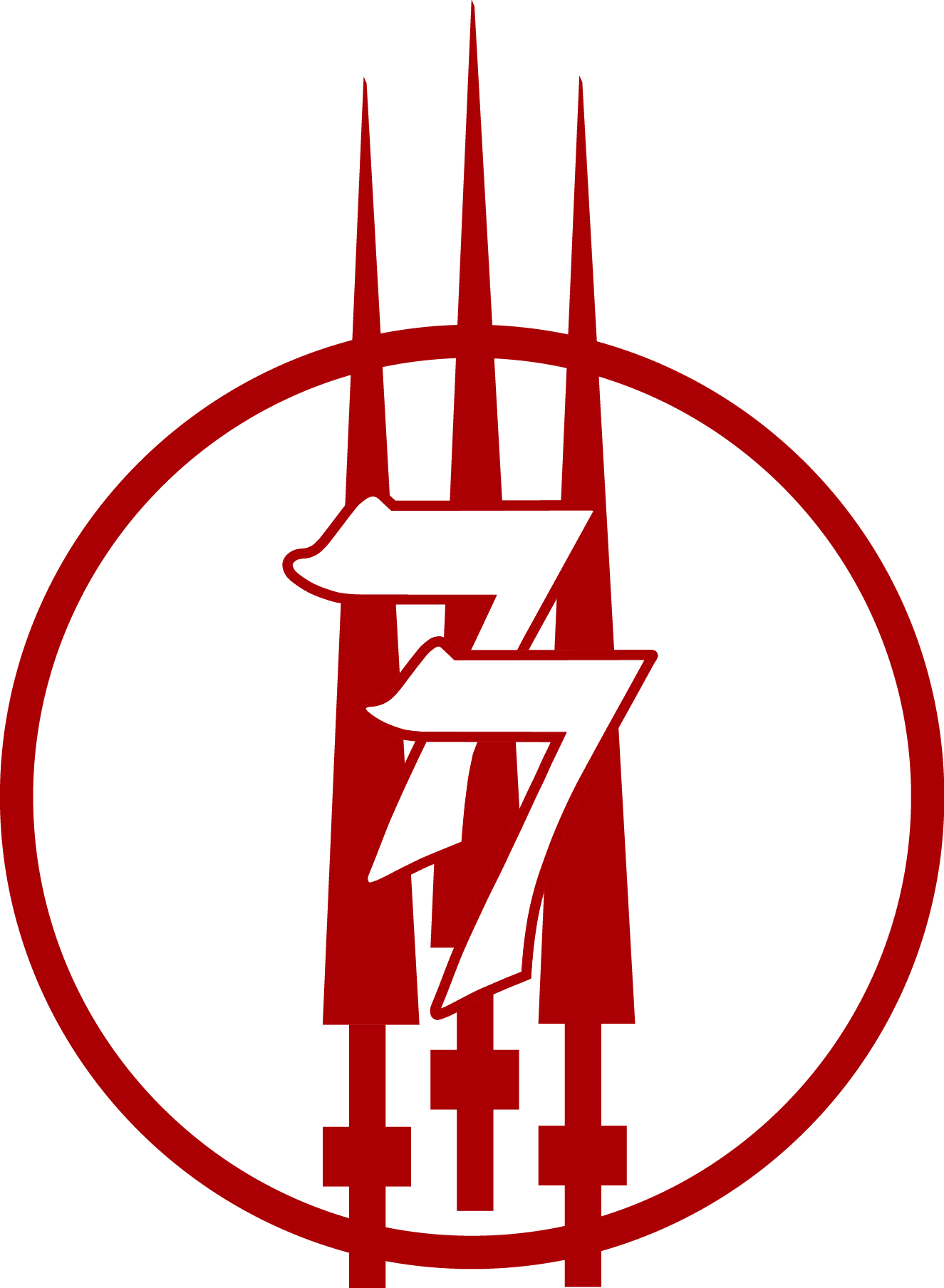
In working with the Mankato Area Public Schools (MAPS) and Community Education and Recreation (CER) we have policies in place to define the conduct and everyone involved in the ‘77 Lancers’ organization. The ‘77 Lancers’ are committed to providing a safe place for all students to come and learn about the marching arts. As we move into the future we will continue to train the staff and students to create an environment that best exemplifies the Honor, Unity, and Pride that the organization is built upon.

For an overall review of all MAPS policies please visit the following website - <http://www.isd77.org/page/4234>

Michael Thursby

Director

77 Lancers Marching Band



**Health, Wellness, and Safety Guide**

* Hydration
* Nutrition
* Stretching and Warming Up
* Conditioning and Strengthening
* Injury Policies
* Weather Related Illness (specifically related to heat)
* Harassment, Bullying, and Hazing Policies
* Recommended Prevention Methods (Hearing and Footwear)
* Other related policies (MSHSL policies, appropriate dress, changing, and contact information)

**Hydration**

As a member of any physical activity hydration is one of the most important elements to what we do. Water is a key component of the athlete’s body, making up 60 to 65 percent of total body weight. It is the most important nutrient for marching. If athletes lose too much fluid in sweat without replacing what they’ve lost in both fluids and important electrolytes (like sodium and potassium), they risk becoming dehydrated. Some lose more than a gallon of sweat during a practice or performance, especially in hot weather. If uncorrected, dehydration can lead to heat exhaustion. High humidity compounds the issue. Dehydration will occur before you get thirsty so don’t wait for that sign. You can become dehydrated quickly, even on cold days. The Lancer Parent Board will supply you with one bottle of sport drink after each performance. Sport drinks like this are valuable as they not only rehydrate, but replace carbohydrate calories and electrolytes to give you energy. **Other beverages to drink are:** water, juice and milk.

Do not drink pop before marching! Pop takes longer to absorb, will leave you feeling bloated, may decrease your desire to drink and may cause upset stomach. We do not give the Lancers water DURING a parade as some bands do because this little amount of water cannot replenish and can only serve to remind the Lancer how thirsty they may be. We choose to hydrate before and after the performance. Hydrate 2 to 3 hours before practices and competitions. Athletes should aim for at least 16 ounces (2 cups) of fluid at this time and an additional 8 ounces (1 cup) 10 to 20 minutes prior to getting into competition.

**Nutrition**

“EAT TO COMPETE”

PROPER NUTRITION = PEAK PERFORMANCE

Performers know that nutrition and hydration will fuel them to a peak performance. Eating and drinking properly will give you and the Lancers an edge. Incorrect eating may significantly impair your performance. Be concerned about proper nutrition during the season, especially on performance and practice days, and the night before them.

FOODS: PRE-WORKOUT FUEL

Fuel your body 2 to 3 hours before practices and performances with a high energy, high-carbohydrate meal or snack. Balance your diet with proteins. Fats should be kept to a minimum! Replace the sodium

lost in sweat so eat some salty snacks. Many athletes don’t have time to stop for a high-energy snack to boost energy for performance. To stay fueled, keep healthy snacks accessible in your backpacks.

AVOID

Deep fat fried, spices, caffeine, and candy.

You will often have to bring your own meal to eat on the way to a parade. Be sure not to overeat. A lean meat sub and sports drink are ideal.

EAT WELL ON THE ROAD

When eating at a fast food restaurant, choose wisely as most items are loaded with fat! Making good food choices while on the road can be tough, especially when restaurant options are limited. However, it’s important to pay attention to nutrition both at home and away. There are plenty of options even at fast food restaurants that will fuel the body for optimal performance.

For more information please review the district wellness guide - <http://www.isd77.org/sites/isd77.org/files/files/Private_User/bmacra1/545-WellnessGuidelines.pdf>

**Stretching and Warming Up**

As a member of any marching group it is imperative to make sure that the body and muscles are fully warmed up and stretched prior to a rehearsal. Just as breakfast is considered one of the most important meals of the day – the warm up routine can be considered one of the most important parts of our daily routine. All physical aspects of the 77 Lancers will be led by a staff member for the current season. While we may change the process from day to day – please know that we have several trained professionals on our staff who will create a process to best prepare the students to perform at a safe level.

We will refer to some of the following terms throughout the season specifically as it relates to our daily warm up routine.

Active or Dynamic Stretching – these type of warm-ups engage the entire body to increase oxygen and blood flow to the muscles. This style of stretching is often combined with some light jogging to best maximize the process. This step comes prior to a static stretch routine.

Static Stretching – this step in the process comes after the muscles are warm. Without the active/dynamic stretch the lengthening or stretching of the muscles isn’t recommended as it can cause more harm than good. Static stretching is the more traditional model of stretching in a fixed location.

Core strength – as a member of the 77 Lancers and any marching organization the use of core muscles is a key element to our performance. In order to take pressure off of the lower back we work to strengthen the core and engage the core in all that we do. This promotes good posture and an overall healthy lifestyle. The core muscles are used in every element of marching from holding your instrument, to performing a slide technique, to spinning a colorguard flag. We will perform exercises and request that students practice engaging their core as much as the practice their specific instrument.

**Conditioning and Strengthening**

The marching arts are a very physical activity. In a study done by Drum Corps International, many of the physical elements seen during a performance were similar to that of a marathon runner. The use and control of breathing, all muscles, and brain activity is quite astounding – it is our goal to do everything that we can to prepare the students bodies well in advance of the first performance.

We will properly use different models of conditioning and breathing to help our students improve towards the goal of a 4 ½ minute parade performance and some longer parades. This conditioning will not be use as a form of punishment, but instead to help make sure that all students are set up to succeed in this activity.

On the same point, holding an instrument or flag is a very physical part of this activity and we will incorporate some strengthening exercises in to our rehearsal process to help our students perform at the highest level.

All of this will be done with the health and wellness of the students in mind. The stretches, conditioning, and strengthening exercises have all be created and tested by professionals at the highest level of the marching arts.

**Injury Policy**

All injuries and health/wellness related issues will be handled directly by a member of the ’77 Lancers’ staff. In the event that a member is too ill or injured to attend any segment of rehearsal, they should inform a staff member immediately. The staff member will make the final decision as to when the member is able to return to rehearsal/performance and will address the injury according to district policy.

If the student is unable to perform in the run through performance during the rehearsal, they will not be allowed to perform in the parade that day. This process is in place for both the safety of the injured member and the other members in case changes/additions are made to the show during the rehearsal.

For more district related injury information please visit the following website - <http://www.isd77.org/sites/isd77.org/files/files/Private_User/bmacra1/529_0.pdf>

**Weather Related Injuries**

Much of the 77 Lancers season happens in the summer so we will specifically address heat related injuries in the section, but in the case of a cold weather performance we will make the appropriate decisions based on this policy. It is our goal to eliminate all heat related injuries with a process of proper hydration, nutrition, and preparation – **we need your help in advance to make this happen!**

Occasionally while marching, a Lancer will succumb to heat injuries. This is almost always due to improper diet, lack of hydration, other illness, or lack of sleep. Symptoms include being faint, dizzy, weak, cool and clammy skin, excessive perspiration, shallow breathing, headache and nausea.

**Staff members will follow these basic steps to help:**

• Loosen clothing, remove uniform

• Cool, damp cloth to the forehead, wrists, arm pits, neck

• Give cool-sweetened drink (All Sport)

• Fan

• Sponge down or spray

• If possible, get to a cool room

If you see a heat related injury Give the Lancer room and inform a staff member immediately. The staff will be trained to follow the school district protocol and report/treat the injury immediately. Please note – they will come around, but do not expect them to be their normal self right away. They will need rest and help from YOU at home to fully recover – hydration and proper nutrition following the incident will help them fully recover and return to the Lancers at 110%.

HEAT INDEX GUIDELINES

There may be parades where the heat index (a combination of factors including heat, dew point, humidity, etc.) dictates that it is just not healthy to march, at least not in full uniform. On these days the following will serve as our guide:

**Heat Index = 102°-105° March without coat, hat or gloves**

**Heat Index = 106°-109° March in shells & sneakers**

**Heat index = 110°+ Lancers will not march**

**THREE TYPES OF HEAT INJURIES**

**Heat Cramps : Heat Exhaustion : Heat Stroke**

HEAT CRAMPS

Caused by excessive loss of salt from the body.

**SYMPTOMS :** Painful cramps in muscles of the extremities and abdominal wall, body temperature is normal.

**TREATMENT :** Have the person drink a 0.1 % salt solution (mix 2 ten grain salt tablets or 1 tsp. salt in 1 quart of water.

HEAT EXHAUSTION

Caused by excessive loss of water & salt.

**SYMPTOMS :** Profuse perspiration, skin is cool and pale, rapid pulse (140-200 beats per minute), low blood pressure, headache, mental confusion, dizziness, drowsiness, weakness, loss of appetite, vomiting, visual disturbance, occasional cramps of extremities or abdominal muscles.

**TREATMENT :** Put in a cool place, encourage the individual to rest, elevate the feet, massage the extremities. Give a 0.1% saline solution by mouth as freely as the patient will take it. DO NOT ADMINISTER SALT TABLETS WITHOUT WATER.

HEAT STROKE

Caused by a breakdown of the body's heat regulating mechanism, a very serious condition in which there is extremely high body temperature.

**RISK** : Persons not acclimatized to heat, physical exertion.

**SYMPTOMS :** Absence of sweating, cool skin surface, headache, dizziness, mental confusion, weakness, nausea, urination. Early stages are characterized by hot, red and dry skin; full and rapid pulse; normal or elevated blood pressure; rapid and deep respirations; body temperature 106-110°F. The onset is usually dramatic with collapse and loss of consciousness. Convulsions may occur.

**TREATMENT :** Lower the body temperature by removing clothes, immersing the patient in water (or in a tub of water and ice), give a sponge bath, or cover with a blanket soaked in cold water. Fan the patient to increase air flow. Rub the extremities and trunk briskly to increase skin circulation. Check temperature every 10 minutes be careful not to lower temperature. Constant supervision and transport to a medical facility IMMEDIATELY.

**Harassment, Bullying, and Hazing**

It is the policy of the Mankato Area Public Schools (MAPS) and Community Education (CER) to maintain a safe environment that is free from harassment, bullying, and hazing. Members, staff, and volunteers are expected to conduct themselves in a respectful manner, and demonstrate a level of respect and dignity towards others. We prohibit all forms of harassment, bullying, and hazing.

Members may report any issue to the Director or any staff member without fear of repercussions and with absolute confidentiality. They will investigate and reports and take appropriate action immediately.

For more information on district specific policies related to this topic please visit the links below.

Harassment Policy - <http://www.isd77.org/sites/isd77.org/files/files/Private_User/bmacra1/102_1.pdf>

Bullying Policy - <http://www.isd77.org/sites/isd77.org/files/files/542.pdf>

Hazing Policy - <http://www.isd77.org/sites/isd77.org/files/files/Private_User/bmacra1/540.pdf>

All MAPS student related policies - <http://www.isd77.org/page/4234/category/416>

**Recommended Methods of Prevention**

Please review the elements below to help prepare your Lancer to succeed and remain healthy into the future!

**Hearing Related Protection**

Hearing loss is a major concern for musicians in general, but especially for marching band members and percussionists. Hearing protection devices (HPDs) are required by OSHA (and strongly recommended for ALL Lancers) in all situations in which noise exposure exceeds the OSHA permissible limits as per the following chart.

|  |  |
| --- | --- |
| Duration per day (hours) | Sound Level - dBA |
| 8 | 90 |
| 6 | 92 |
| 4 | 95 |
| 3 | 97 |
| 2 | 100 |
| 1 | 105 |

For reference – 85 decibels is comparable to loud traffic in a downtown area or using a lawn mower. An ambulance siren is about 120 decibels. A rim shot on a snare drum is around 115 decibels. If a snare line is around 100 decibels, our ears hit their limit for the day in less than a minute. As a staff we strongly recommend hearing protection be used at all times!

**Footwear Related Protection**

Marching band is a unique activity with specialized footwear needs. The 77 Lancers is a corps-style competitive marching program that puts on high-caliber shows. As such, we are requiring a bit more from our members and want to be sure you are prepared to be successful. Even if you haven’t marched before, we’ll get you up to speed. You will be on your feet a lot throughout the season, as that’s what *marching* is all about! The best way to keep your feet in good shape is to wear proper footwear.

Please make sure that the shoes have proper support for marching on the street – cross trainers or running shoes are recommended. We specifically prohibit and open toed shoes, sandals, flip-flops, etc.

**Other related policies**

The 77 Lancers follow the Mankato Area Public Schools, Community Education, and the Minnesota State High School Leagues policies 100%. Any student found in violation of any of these policies will be subject to dismissal from the group – with any related questions please do not hesitate to contact the director – [lancerdirector@gmail.com](mailto:lancerdirector@gmail.com)

MSHSL eligibility policies – <https://www.mshsl.org/mshsl/index.asp>

Appropriate Dress and Changing Policies – please note this may be a significant change from past seasons, but it will be strictly enforced throughout this season. ALL students, staff, and volunteers will be reminded of this policy and how this affects the current practices of the ‘77 Lancers.’

<http://www.isd77.org/sites/isd77.org/files/504_1.pdf>

**Contact Information**

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