

Getting Ready for Band of Gold Marching Band Season

- **Medications for Band Camp**

In preparation for band camp we will be collecting medications on Monday, July 24th, and Wednesday, July 26th, from 6:30-7:30 p.m. in the band room at Lancaster High School.

- **Forms for Prescription and Non-prescription Medications**

The forms for medications are available at the Lancaster Bands website (lancasterbands.com). Please review the prescription medication forms. Some of the forms need completed by the prescribing physician or medical provider.

- **Prescription Medications**

You will need to bring a week's worth of prescription medication and complete the forms for the medication(s) to be given at band camp. These medications need to be in a properly labeled original prescription bottle. On the next refill of a medication, please keep the empty prescription bottle to use for medications for band camp. Please only provide enough medication for the duration of band camp.

- **EPI PENS, Epinephrine injections for allergic reactions**

Epi Pen prescriptions are usually provided with two syringes. One syringe needs to be carried by the band member. To make it easy to identify the Epi Pen the student is carrying with them, please have it in a red or orange bag in a backpack or fanny pack for easy identification in an emergency. We would like to keep the second syringe with the medical kit for back up. Please complete the form for the Epinephrine Auto injector. This requires a signature from the prescribing provider.

- **Rescue Inhalers**

Students are permitted to carry and self-administer their asthma inhalers. The form for self- administration needs to be completed and signed by the prescribing provider. The student should keep rescue inhalers with them. We would ask the inhaler be in a bag carried with the student. Please place it in a red or orange bag for easy identification if another individual has to urgently find the inhaler.

- **Non-prescription or Over the Counter Medications**

If you wish to have medications such as Tylenol, Advil, Aleve or TUMS (Antacid), available during band camp you will need to provide the medication and complete the form for administering over the counter medication. The medication should be in an original, unopened container with the student's name on it. The small container would be helpful. (24 count bottles.)

- **Returning Remaining Prescription and Non-prescription Medications**

Medications will be returned to Parents or Guardians. The Medical Assistant will be available to return medications at the band camp preview performance on Friday evening after we return from band camp. Any medications that are not picked up will be disposed of one week after band camp.

- **Medication Administration at Band Camp**

Medications will be distributed at band camp before each meal, Breakfast, Lunch and Dinner and at 9:00 p.m. outside of the entrance to the cafeteria. If the weather is bad, we will be in the lobby of the cafeteria. It is the student's responsibility to present themselves for their medications.

- **Medical Care**

We provide first aid to the band members. If additional non-emergent or urgent care is needed, you will be contacted and asked to come to band camp and take your child for further evaluation. The nearest Urgent Care and Emergency Room is at Holzer Clinic in Gallipolis. All emergencies will be transported to Holzer Clinic. We will notify you if this occurs.

Preparing for Band Camp and Marching Band Season

Taking care of yourself during practices, camp and performance season will make it easier and more enjoyable. Here are some basic things you can do to take care of yourself.

- **Shoes**

During band camp and during practices, you should wear comfortable sneakers. These should have an arch and if possible a cushion heel. You should break your footwear in prior to band camp and band season. During band camp, you need to take your sneakers off when you are finished marching on the field. You should wear flip-flops, sandals or other comfortable footwear to give your feet a rest and to "air out" your feet.

- **Socks**

To keep your feet dry, you should consider the sport "dry socks" or "wicking socks" which will draw moisture from your feet. Cotton socks will hold moisture near your feet. Please bring enough socks to wear two pairs a day. One pair for the morning and the second pair for the afternoon field practice. If this is not possible, rinse out your socks and set them out to dry. Do not wear the socks unless they are completely dry!

- **Personal Hygiene**

Band members will sweat a lot during Band Camp. Please bring an anti-bacterial soap to wash with. After bathing, please hang your towel out to dry. You may wish to bring several towels and alternate the towels and allow them to dry before using. Please do not share towels, wash cloths or other personal hygiene items.

Prepare for the Sun and Heat

Field practice, band camp and performances will be hot and sunny. You need to prepare for these conditions.

- **Sunscreen**

To prevent sunburn, you should use sunscreen daily and apply it before your start on the field. The sunscreen should protect you against UVA and UVB rays. A 40-50 SPF will work well. Make sure you apply the sunscreen to your ears, back of your neck, the back of your hands and any exposed area.

- **Clothing**

Wearing loose fitting and light colored clothing will help protect you against the heat and sun. If possible, wear a wide brimmed hat to help protect your face.

- **Sunglasses**

Wear sunglasses that will protect you from both UVA and UVB as they will help protect your eyes from the effect of the sun.

- **Fluids**

To prevent dehydration it is important to drink plenty of fluids. Water is the best. Sports drinks would be an alternative. You should drink water before you start on the practice field or perform to prevent dehydration. Drink 2 cups of fluid 1-2 hours before starting practice or performances. One cup of fluid 15 minutes before taking the practice field or performing. Please drink one half to one cup of water or a sports drink every time there is a break. After you are finished with on field activity, please drink water or a low calorie sports drink. Avoid pop, caffeinated, carbonated beverages, and sweet sugary drinks. Sports drinks have some benefits by adding salts lost during activities. Be careful, as some sports drinks do have sugar. Eating salty food or adding salt to your food, will help replace salt you lose with sweating. If available, pretzels are a good snack as they have salt. Grapes are another good source of fluids and calories. If available, you can eat grapes or other fruits with your meals and when you come off the practice field. Dried fruits do not have water and may help with nutrition, but they will not help with fluid replacement. Remember: If you are thirsty, you are behind on drinking fluids or water. Try to stay ahead of your thirst and dehydration.

- **Acclimatize and condition yourself**

The weather will be hot and some of us will be out of shape. To get used to the warm temperatures and to condition yourself, you should try to walk on days you are not performing or practicing. Starting out walking 15 to 20 minutes a day and working up to an hour of walking. Or try to walk about two miles will help get you ready. You should not be active in the hottest part of the day. If you are not used to activities in the heat, start walking in the evenings when it is cooler. To determine if your speed of walking is appropriate you should be able to carry on a conversation with someone. You should walk with another person for safety. If the weather is bad and you cannot walk outside, you can consider walking in place for 30 minutes. When you are not in school or at a Marching Band practice, you can practice your music while standing. An alternative is to walk in place while practicing you music at home. If you develop any pains, cramps, chest pain or difficulty breathing, stop your activity and notify your parent or an adult.

- **Preventing sprained ankles**

The following exercises and activities will help prevent sprained ankles.

1. Sitting or standing you should write the alphabet in the air with your foot and ankle.
2. Stretch each foot by pointing your foot and toes up to your head slowly for ten repetitions.
3. Lift your body up slowly on your toes 10 times.
4. While standing, place one foot on a ball, (about the size of a soccer ball or volley ball), place a quarter of your weight on the ball and roll it around with your foot for about 2 minutes. Do this with both feet.
5. Stand on one foot for 10 seconds and then switch to standing on the other foot for 10 seconds. Repeat this standing on each foot 10 times.
6. Before a performance or practice, add a 2 minute jog or brisk walk to warm up.

- **Preventing knee injuries**

The following exercises will prevent knee injuries:

1. Lying on your back, lock your right knee and lift it off the floor to a 45 degree angle 10 times. Then repeat it with your left leg.
2. Sitting on the floor, place a small ball, (soccer ball or other), behind your bent knee and straighten your knee 10 times. Repeat it with the other leg.
3. Sitting the floor, with your leg out straight, place a small ball, (soccer ball or other), between your knees and press your legs together for 10 seconds and repeat 10 times.
4. Standing at a step, step up with your right leg and bring your left leg onto the step. Then step down, leading with you right leg. Do this 10 times. Then repeat this leading with your left leg.