



Dear Band and Color Guard Students and Parents,

We are sending you this letter to help you be well prepared for band camp. Please don't hesitate to contact Mr. Grantham or a member of the AFM Board if you have any questions or concerns.

Marching is strenuous and warrants the same concern for safety as any other sport. Heat-related injuries can result from practice in warm weather, if proper precautions are not taken. These recommendations are provided to make practices as safe and comfortable as possible:

- * **Shoes should fit well** and be designed for walking. They should have a closed heel and toe.
- * **Clothing should be comfortable**, appropriate for weather, and not constrict movement.
- * During daylight, wear **sunglasses**, a **hat** with a wide brim, and **sunscreen** (at least SPF 25).
- * Begin drinking water before practice and bring **plenty of water** to drink during practice.
- * Have a nutritious breakfast and bring **ample food** and snacks for the day.

HEAT EXHAUSTION:

Heat exhaustion is caused by dehydration and often occurs after prolonged exposure to high temperatures and humidity. Some medications can increase the risk of heat exhaustion.

Symptoms:

- Muscle cramps, often in legs or abdomen
- Cool, moist, pale skin
- Heavy perspiration
- Extreme thirst
- Nausea or vomiting
- Weakness, dizziness, lightheadedness
- Irrational behavior

Treatment:

- Move to shade or other cool place.
- Cool the body with water
- Elevate feet 8-12 inches.
- Give Gatorade, salt water or plain water.
- Do not give alcohol, caffeine or salt tablets.
- Monitor for bluish lips or fingernails or unconsciousness.

HEAT STROKE:

Heat stroke is a life-threatening emergency. It is a disturbance in the body's ability to cool itself.

Symptoms:

- Raised body temperature (over 102 F)
- Dry, hot, red skin
- Rapid, shallow pulse and breathing
- Confusion
- Weakness, seizures, unconsciousness

Treatment:

- Call paramedics
- Move to shade or other cool place
- Cool the body with water
- Monitor for signs of shock, seizures, or unconsciousness
- Do not use an alcohol rub
- Elevate feet 8-12 inches
- Do not give food, drink or medication