



Medical and Corps Care Policy

Medical Supervisions

There will be a licensed healthcare provider, such as an athletic trainer, present for The Spirit of Atlanta during preseason spring training and while on tour. Different individuals may serve in this role; it does not have to be the same person for the duration of the preseason and season. While input from the instructional and administrative staff may be considered, the ultimate decision regarding rest, activity limitations, and return to full activity shall be that of the healthcare provider.

Medical Information

Medical information shall be kept private. However, medical information may be communicated to the extent necessary to the provision of effective medical care by the healthcare provider and to ensure the health and safety of program participants. As a result, it may be necessary for the healthcare provider to discuss a corps member's medical information with the appropriate instructional staff.

Coverage for Medical Care

It will be the responsibility of all corps members and volunteers to pay for any medical expenses that arise from care provided outside of the corps healthcare provider (e.g. emergency department or urgent care visits, prescription or over-the-counter medications, etc.). Staff members who are injured while performing official duties shall be covered in accordance with the Workman's Compensation Insurance policy.

Injuries or Illnesses Affecting Participation

If a corps member experiences an injury or exacerbation of a pre-existing medical condition, the healthcare provider shall make the ultimate decision if that member must limit training/performing activities, cease all training/performing activities but remain on tour, or leave the tour completely. The healthcare provider will take into consideration any medical information and advice provided by an outside healthcare provider that has evaluated the corps member. If a member must leave tour, it is the responsibility of the member to pay for transportation home.

Requests for Medical Evaluation

Any individual (corps member, staff, volunteer) that requests medical evaluation shall be provided a medical evaluation by the healthcare provider. If the healthcare provider feels that additional medical care or evaluation is necessary (such as evaluation at an urgent care facility, emergency department, or physician's office) or the individual requests additional medical evaluation, it shall be provided as soon

as practical. It is not the intention of this policy to limit or eliminate an individual's right to be evaluated by a healthcare provider not affiliated with The Spirit of Atlanta at their own expense.

Medical Forms

Making sure you are in optimal physical and mental health is a priority. Medical History Records forms and questionnaires must be completed and submitted timely by corps members, staff, and volunteers traveling with the corps before spring training. Failure to disclose a pre-existing condition or any prescription medication will result in automatic termination from the organization. A Pre-participation Physical Form must be completed with your Primary Care Physician (MD/DO) with verification that you have no contraindications to participate in the activity or tour by each corps member prior to arrival at Spring Training. All standard vaccinations are required and must be reported with your medical history, and you must submit a copy of your COVID-19 vaccination card. If you have any specialists (i.e. Cardiology, Pulmonology, Endocrinology, Psychiatry, Podiatry), be sure to discuss your participation with those specialists to ensure they agree with your participation and have them provide a clearance letter to include with your Pre-Participation Physical Form.

The ultimate decision about whether or not a member is able to participate shall be by The Spirit of Atlanta healthcare professional.

Medication

- All individuals (corps members, staff, volunteers) are responsible for providing, storing, and taking their own prescription and over-the-counter medications. Prescription medications must be declared on medical forms. If a medication requires a special storage environment, such as refrigeration, the individual must coordinate with the The Spirit of Atlanta healthcare provider *before* leaving for tour.
- Those traveling with the corps must bring enough medications for the entire time they will be away from home. If an individual will require refills of their prescription medication while on tour, the individual must make arrangements for medication refills *before* leaving on tour, and the refill plan must be approved by healthcare provider *before* leaving on tour.
- Individuals with inhaled medications for asthma (e.g. bronchodilators like albuterol, Ventolin, or Proventil) MUST bring two inhalers and spacers. One will be kept by the member, one will be kept by the healthcare provider for back-up in an emergency.
- Individuals with epinephrine auto-injectors (EpiPen) for allergic reactions MUST bring two autoinjectors. One will be kept by the member, one will be kept by the healthcare provider for back-up in an emergency.
- The healthcare provider may be able to assist individuals with obtaining refills of prescriptions, if necessary.

Medical Log and Medical Encounter Form

A log of all care provided by The Spirit of Atlanta healthcare provider shall be maintained by the organization. A Medical Encounter Form must be completed for each provider and instance of any outside healthcare while at spring training or on tour.

Concussion

If a participant suffers a head injury, she/he should stop the activity immediately and be examined by medical personnel (e.g. athletic trainer, nurse, urgent care provider, emergency department provider). If diagnosed with a concussion, the participant should not participate in activities until she/he is completely symptom-free for 24 hours. Symptoms of a concussion include, but are not limited to:

- Physical symptoms: headache, nausea, dizziness, vision or balance problems, sensitivity to light or noise
- Cognitive symptoms: feeling mentally slow or foggy, trouble concentrating, trouble remembering
- Emotional symptoms: irritability, sadness, nervousness, feeling more emotional than usual
- Sleep-related symptoms: sleeping more or less than usual, drowsiness, trouble falling asleep

The participant may go to rehearsal to watch, but should not participate. If symptomatic just watching rehearsal, she/he should rest in a quiet area. Once the participant has been symptom free for 24 hours, a gradual return to activities should be utilized:

- Day 1: Low-level activity. May participate in morning stretching and warm-up activities, including walking and slow jogging. Should not participate in music, drill or ensemble rehearsal (may watch from sideline as long as remains asymptomatic).
- Day 2: Increased intensity of jogging or running during warm up. May participate in non-moving music rehearsals or non-moving guard movements.
- Day 3: Full participation.

The participant should remain symptom free during this progression. If at any point concussion symptoms return, the participant should move back one day in the progression and remain there until symptom free for 24 hours, then move to the next day. The Spirit of Atlanta shall not be liable for any injuries caused by a participant's failure to report a suspected concussion or concussions symptoms.

Lightning and Severe Weather

If lightning is noted to be 7 miles away or less, all outdoor activities must stop and participants must move to a safe area. The distance for lightning may be determined by any of the following methods:

- Counting the time in seconds from seeing the lightning until thunder is heard, and then dividing by 5 (since sound travels one mile every 5 seconds). For example: lightning is seen, then thunder is heard 30 seconds later. $30 / 5 = 6$ miles away

- Use of a weather application or website
- Use of a commercial lightning detector

The organization shall ensure sure that at least one of the above methods of lightning detection is always available for use by the healthcare provider and The Spirit of Atlanta staff. By the time lightning is 6 miles away, all participants should already be in a safe area. Safe areas include a building normally occupied or frequently used by people (e.g. a building with plumbing and/or electrical wiring that acts to electrically ground the structure). Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm. Outdoor activities can resume only when lightning or thunder has not been detected for 30 minutes. Every time lightning or thunder is detected within the 30 minutes, the clock restarts.

WARNING

A warning is issued when a hazardous weather or hydrologic event is **occurring, imminent or likely**. A warning means weather conditions pose a threat to life or property. People in the path of the storm need to **take protective action**.

WATCH

A watch is used when the **risk of a hazardous weather or hydrologic event has increased significantly**, but its occurrence, location or timing is **still uncertain**. A watch means that hazardous weather is possible. People should **have a plan of action** in case a storm threatens and they should listen for later information and possible warnings especially when planning travel or outdoor activities.

ADVISORY

An advisory is issued when a hazardous weather or hydrologic event is **occurring, imminent or likely**. Advisories are for **less serious conditions than warnings**, that cause significant inconvenience and if caution is not exercised, could lead to situations that may threaten life or property.

OUTLOOK

An outlook is issued when a hazardous weather or hydrologic event is **possible** in the next week. Outlooks are intended to **raise awareness** of the potential for significant weather that could lead to situations that may threaten life or property.

Shoes and Footwear

Everyone must wear shoes at all times, except when sleeping. All members must wear approved athletic shoes while in rehearsal for spring training and on tour. You must also use shower shoes or flip flops in the shower to prevent athlete's foot and other infections. Participants with pre-existing foot

conditions will be required to provide a letter of clearance from your Primary Care Physician or Podiatrist.

Hearing Protection

The battery and pit/front ensemble must wear approved hearing protection during all rehearsals. Optionally, other corps members and staff may choose to wear hearing protection during rehearsals. Rehearing protection is optional for performances. Earasers (www.earasers.net) is a recommended brand suitable for drum corps.

Rehearsal Hydration

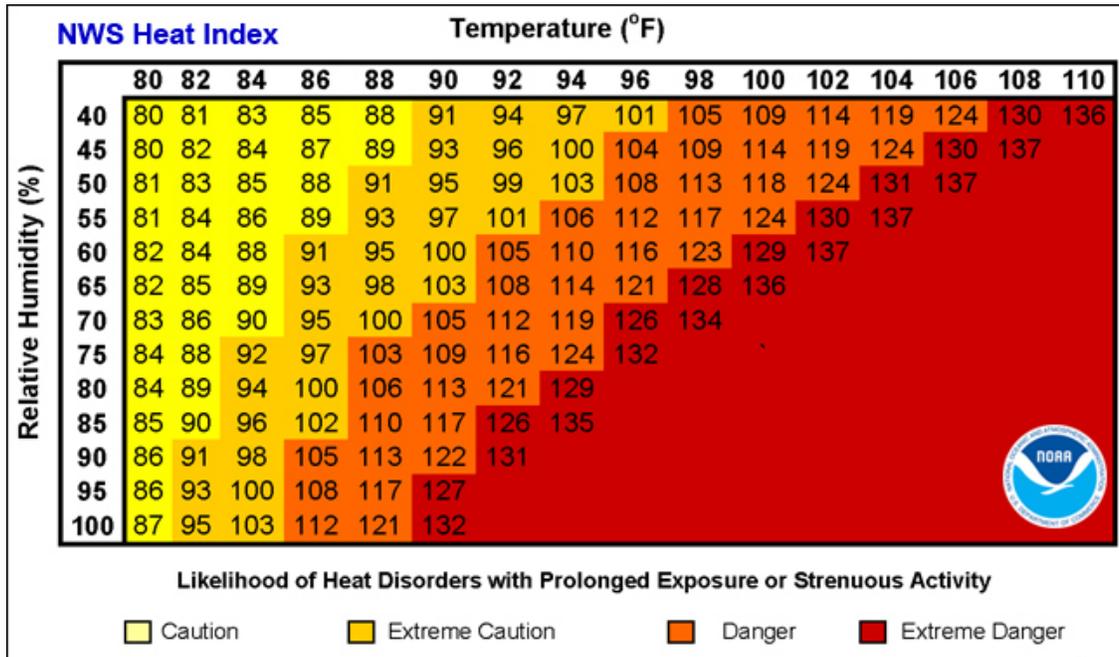
Each member is required to have a water jug at least one gallon in size. Participants should drink 8-12 fluid ounces of water, 10-15 minutes before exercise (exercise includes marching blocks, music blocks, ensemble blocks, or any other physical activity.) Participants should drink at least 8 fluid ounces of water or a sports beverage such as Gatorade (5-8 percent carbohydrate with electrolytes) for every 30 minutes of activity. Hydration breaks must be given no less than every 30 minutes (but may be given more frequently as needed) whether rehearsing inside or outside. When the heat index is 90 or greater hydration breaks must be given every 20 minutes (see chart below). When the heat index is 100 or greater hydration breaks must be given every 15 minutes. When the heat index is 105 or greater hydration breaks must be given every 10 minutes with fruit and/or Gatorade beaks every hour.

If at any point an athletic trainer or other medical personnel determine that participants require more hydration than the above guidelines suggest, then her/his recommendations must be followed.

Symptoms of **dehydration**: chills, clammy pale skin, throbbing heartbeat, nausea, headache, cramps, shortness of breath, dizziness, dryness in the mouth, and low urinary output.

Heat Index

If the Heat Index reaches 115 or greater, outdoor rehearsal must end and may be moved indoors or to another cooler location. To determine the Heat Index use the following chart or use the real feel temperature from a weather app on your smart phone. Additionally, all local/facility rules regarding heat index and rehearsal/practice must be adhered to.



Symptoms of **heat exhaustion** include weakness, dizziness, headache, nausea, loss of appetite, general feeling of faintness, irritability and muscle cramping. Anyone experiencing heat exhaustion should immediately be moved to a cool area and a health staff member should be alerted.

Heat exhaustion can progress to **heat stroke**, a life-threatening condition that can occur suddenly. Symptoms include very high core temperatures and mental status changes such as confusion, hallucinations and even coma. Heat stroke victims should be transported immediately to the hospital. In severe cases, call 911 immediately and alert healthcare staff.

Sunburn

Members are required to have sunscreen of at least SPF 30 in strength, which should be applied and reapplied every rehearsal block. We recommend physical sunblock that contains zinc oxide or titanium dioxide. Additionally, all members will be required to wear a hat when outside to keep the sun off their faces and necks. Sunburn prevention is important for your general health and to help prevent skin cancer later in life.

Tips for caring for sunburns:

- Avoid further exposure of the burned area to the sun.
- Keep the sunburned area cool. Do not apply ice, which may result in additional damage.

- Do not use water or cool showers to reduce the skin temperature.
- An anti-inflammatory medicine such as ibuprofen may work to relieve inflammation and pain.
- If blisters occur, do not break them. This will open up areas for potential infection. If blisters do break, thoroughly wash the area twice daily with soap and water and cover with gauze when necessary. See our medical team for help if this occurs.
- Application of lotion containing aloe will help to moisturize the skin.
- It is extremely important to drink enough water and eat properly to recover effectively.
- If the sunburn does become infected, alert the corps medical staff immediately.

Meal Schedule

Members shall get at least one hour for meals (breakfast, lunch, dinner, and end of day snack). The end of a meal and the beginning of the next meal shall not be longer than 5 hours apart without providing a snack, with the exception of overnight. See also the Dietary and Food Preparation Guidelines document.

Sleep Schedule

All members should get 8 hours of sleep per night before wake-up time. Sleep time during bus travel up to and including 8 hours of travel time counts for $\frac{1}{2}$ the time slept (e.g. 4 hours sleep on a bus = 2 hours towards the 8 hours). When the bus travel time is more than 8 hours, the travel time counts for $\frac{3}{4}$ the time slept. Time slept on the floor at the housing site counts hour per hour.

Example: Member sleeps 3 hours on the bus. When the corps arrives at the housing site, the member must get another 6.5 hours of floor sleep before being awoken for meals and rehearsal.

Participants are responsible for monitoring their own sleep. The Spirit of Atlanta will ensure that participants have the ability to sleep at least 8 hours each day. The daily schedule is at the discretion of the Corps Director and is subject to modification based on extenuating circumstances.

Rehearsal Schedule

For each 1-week period during spring training there must be at least $\frac{1}{2}$ day of scheduled rest. Once on tour for each 2-week period there must be at least one day off for laundry, Walmart trip, free time, rest.

Personal Hygiene

Everyone must maintain proper personal hygiene. This is essential for maintaining health in a close environment. Use of soap, deodorant, shampoo, toothpaste, and having clean clothes are mandatory requirements. The corps provides hand sanitizer for use at all mealtimes. This is essential in the prevention of spreading germs.

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All members must have health insurance valid within the United States for the duration of spring training and tour and submit verification of medical insurance to The Spirit of Atlanta with their

medical forms. The Spirit of Atlanta shall not be responsible for any costs associated with healthcare services provided by any healthcare provider not affiliated with The Spirit of Atlanta.