



Medical and Corps Care Policies

Medical Supervision

There will not be a licensed healthcare provider, such as an athletic trainer, present for The Cincinnati Tradition Drum and Bugle Corps during the spring and summer rehearsal season and while on mini-tour. 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 a 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, staff, 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.).

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 rehearsal or mini-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 at their own expense.

Medical Forms

Medical History Records forms must be completed by corps members, staff, and volunteers traveling with the corps before spring rehearsals. A Medical Encounter Form must be completed for each provider and instance of any outside healthcare.

Medication

All individuals (corps members, staff, and 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 TRADITION *before* leaving for mini-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 mini-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 TRADITION 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 TRADITION for back-up in an emergency.

Medical Log

A log of all care provided by a healthcare provider shall be maintained by TRADITION.

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. TRADITION shall not be liable for any injuries caused by a participant's failure to report a suspected concussion or concussions symptoms.

Lightning

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 TRADITION 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.

Shoes

All members must wear shoes while in rehearsal for spring and summer rehearsals, and on mini-tour.

Hearing Protection

The battery and pit/front ensemble must wear approved hearing protection during all rehearsals.

Rehearsal Hydration

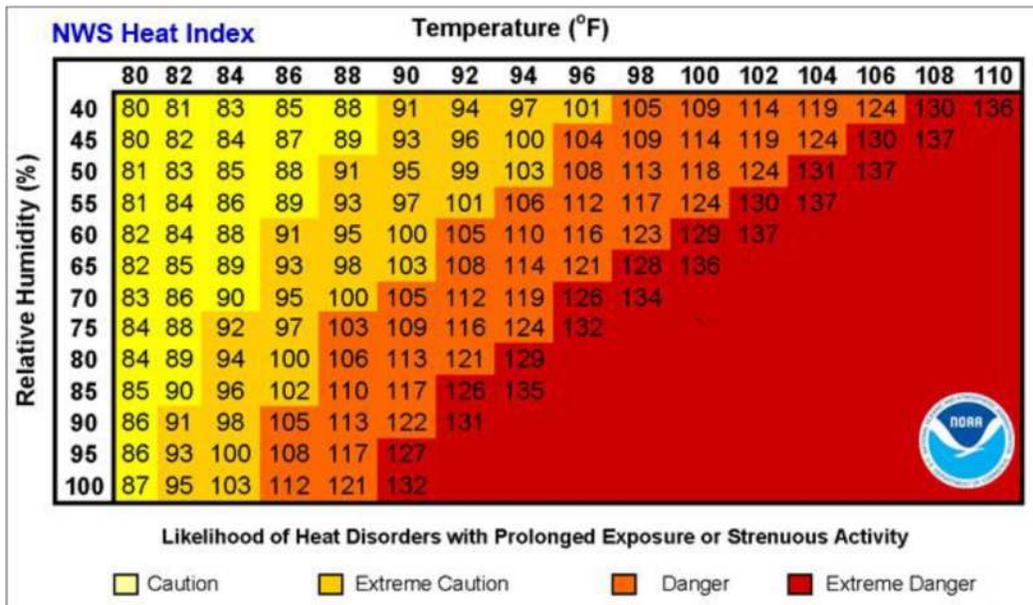
Participants should drink 8-12 fluid ounces of water, 10-15 minutes before exercise (exercise includes marching blocks, music blocks, ensemble blocks, or any other physical activity.) Participants should drink at least 8 fluid ounces of water or a sports beverage such as Gatorade (5-8 percent carbohydrate 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 a staff member or medical personnel can determine that participants require more hydration than the above guidelines suggest, then her/his recommendations should be followed.

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.



Meal Schedule

Members shall get at least one hour for meals (breakfast, lunch, dinner, and end of day snack) during spring and summer rehearsals. Breakfast and lunch may be shortened to 45 minutes each during mini-tour. 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 shall get 8 hours of sleep per night before meals or rehearsals begin. Sleep time during bus travel up to and including 6 hours of travel time counts for 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 6 hours, the travel time counts for 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. TRADITION will ensure that participants have the ability to sleep at least 8 hours each day.

Additional Policies Effective 11.18.2019

Pre-participation Physical

TRADITION recommends that each member have a pre-participation physical examination by a physician (MD/DO), physician assistant, or nurse practitioner, to verify that she/he contains no contraindications to participate in the activity. The ultimate decision about whether or not a member is able to participate should be by a healthcare professional. However the choice is ultimately the responsibility of the individual member and is not mandatory for participation.

Health Insurance

All members must have health insurance and submit verification of medical insurance to TRADITION with their medical forms. TRADITION shall not be responsible for any costs associated with healthcare services provided by any healthcare provider.