

**Band of Blue Heat Guidelines**  
for dealing with the heat and humidity at band camp.  
Summer 2010

Things that the student should do before and during band camp:

1. Start **exercising outside** to get in shape and adjust to the weather at least two weeks before band camp.
2. **Drink water before practice.** It is good to come to practice already hydrated. Do NOT drink caffeine, ie: cokes, coffee, Red Bull. Caffeine is a mild diuretic and will actually dehydrate you.
3. Of course, do NOT drink any alcohol. The fact that it is illegal under the age of 21 and can cause permanent damage to the adolescent brain and body is reason enough. But just in case, the student should know that alcohol is also a diuretic. Even drinking the night before can seriously affect performance and endurance on the morning after.
4. **Eat a light breakfast** as if you were going to run a race. **Avoid milk** within two hours of call time. High carb and protein breakfast is good. Not eating breakfast or eating too large a breakfast can make you nauseated.
5. Notify a band director and water volunteers of any **medication** you are taking that might affect your ability to perform in the sun or heat.
6. If you want to, bring a large, insulated **water thermos** each day with your name marked very obvious on it.
7. Put on **sun screen**. You may also want to wear **sunglasses, a hat**, and light colored, loose, **breathable clothing**, such as cotton. However, be careful about clothes that you may be able to see through if wet with sweat, rain, or mist from the mister.
8. Bring **bug spray** for early morning and evening practices. The bugs can be very bad. The band can not afford to provide bug spray for the entire band every practice.
9. Inform Mr. Finigan if you require emergency care for any **allergies**.

Things that the Band of Blue does to prevent over-heating during band camp:

1. Schedule practices in the morning (8:00-11:30) & evening (6:00-9:00) so to avoid the heat of the day. The band plays inside during the afternoon sessions during camp.
2. Water breaks every 40 minutes. We try and do this during camp.
3. Tents for shade during breaks during band camp.
4. A mister for the students to stand under during breaks to cool down.
5. Ice packs to cool down if needed.