



**BLUE DEVILS B**  
**2024 MEMBER HANDBOOK**

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# BD PERFORMING ARTS OVERVIEW



## MISSION

***BD Performing Arts permanently enriches the lives of young people through a commitment to youth development and performance excellence, while providing enjoyment for our local community and audiences worldwide.***

Music and the performing arts connect youth with their culture through a common language crossing generational, social, and racial barriers. The activities that young people pursue influence the type of people they become. The experience that comes with participation in a performing arts organization builds discipline, character, pride, and self-confidence at a crucial age and forms the springboard to even greater achievements in adulthood.

## VISION

To be the global leader and innovator in youth development through music and performing arts.

## CORE VALUES

Our Core Values represent what is important to us and direct everything we do in pursuit of our Vision and Mission.

- ***Innovative Excellence*** – We strive to achieve excellence through embracing innovation in every aspect of our programs, initiatives, services, products, and operations.
- ***Entrepreneurial*** – We approach all challenges and opportunities with an entrepreneurial spirit, thoughtfully taking risks to achieve our vision and mission.
- ***Student Focus*** – We have a relentless focus on students which results in enriching the lives of young people.
- ***Leadership*** – As an organization and as individuals, we promote, foster, and recognize leadership as key to achieving our mission.
- ***Global Citizenship*** – We embrace our role as global citizens by demonstrating social responsibility and ethical behavior across all our activities.
- ***Principles*** – We live by a set of Principles that guide our conduct and behavior.

# BD PERFORMING ARTS OVERVIEW

## PRINCIPLES

Our Principles guide our conduct and behavior. They are one of our Core Values and are the foundation for realizing our Vision and Mission.

- **Do the right thing** – We are committed to doing the right thing as an organization and as individuals. Integrity drives ethical behavior and is critical to our enduring global reputation.
- **Take care of our people** – As a family, we take care of our people regardless of role in the organization. Health and wellness is fundamental to achieving excellence in everything we do. Safety and security of all constituents is foundational to health and wellness.
- **Be respectful** – Respecting others fosters dignity, self-esteem, and collaboration – which are critical to our mission. Respect applies to people, cultures, laws, and customs across our global activities. Attitudes, manners, and language that promote a positive, creative environment are important to healthy relationships and to achieving our vision and mission.
- **Be inclusive** – BDPA is committed to providing an inclusive environment for all. We embrace diversity and promote inclusion among members, staff, volunteers, and the community. Should these standards not be met, corrective action will be taken to ensure equity for all.

It takes the support, commitment, and hard work of a vast number of people to make The Blue Devils happen on daily basis. There are two essential habits that are fundamental to all of us succeeding as a team. They are...

***Starting a request with “Please” and going out of your way to say “Thank you!”***

## CONTACT INFORMATION

### Corps Hall Mailing Address:

BD Performing Arts  
4065 Nelson Ave.  
Concord, CA, 94520

### General Inquires:

925-689-2918  
[bdbdmin@bluedevils.org](mailto:bdbdmin@bluedevils.org)

### B Corps Director

Dr. Marvin Reed  
[mreed@bluedevils.org](mailto:mreed@bluedevils.org)

### Senior Executive Advisor

David Gibbs  
[dgibbs@bluedevils.org](mailto:dgibbs@bluedevils.org)  
925-359-9065

### CEO, BD Performing Arts

Jim Verrett  
[jverrett@bluedevils.org](mailto:jverrett@bluedevils.org)  
925-390-3178

### Ethics Hotline

925-359-9479  
[ethics@bluedevils.org](mailto:ethics@bluedevils.org)

*Full staff directory is available at [bluedevils.org](http://bluedevils.org).*



# BD PERFORMING ARTS HISTORY



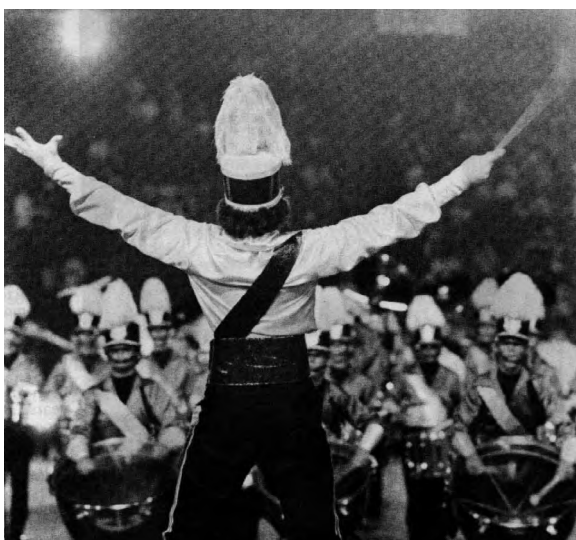
In 1957 Bill Martin resigned as manager of the The Martinettes (an all boy drum corps and girl drill team). Ann and Tony Odello and the Concord branch of the V.F.W. acquired the unit and founded the Blue Devils (named “Blue” for the V.F.W. color and “Devils” after Concord’s local land mark, Mt. Diablo). Starting with less that 50 young members, the organization began as an all-boy “Drum Corps” unit with only percussion instruments, and a separate all-girl marching team.

In 1958, the Blue Devils added glockenspiels (bells) to their percussion line (becoming a Drum and Bell Corps) and spun the Majorettes (baton twirlers) off as an independent unit of the organization. The Drum and Bell Corps continued to provide the Majorettes with musical accompaniment during parades and shows. Both units achieved early success in competitive field show events and city parades. In 1961, a Color Guard (flag section) was added to the unit which competed in the State Junior division. The Junior Drum and Bell Corps - a mix of boys and girls - had a remarkable record; going undefeated in the California State Championships from 1957 to 1970.

Mr. Tony Odello resigned as manager of the Bell corps in 1964 and Jerry Seawright assumed manager duties.

In 1968, a third unit was added to the Blue Devils when the original Junior Drum and Bell Corps elected to compete as a Senior unit and a new Junior Corps was established. All of these units did so well that in the late 1960’s, the Senior Drum and Bell Corps decided to make the transition to a full Drum and Bugle Corps.

In 1970, the Blue Devils recruited 10 brass players, who joined the talented percussion line and Color Guard from the Bell Corps. On February 14, 1971, the Blue Devils attended their first “standstill” competition in Downey, California. By the spring of 1972 the Drum and Bugle Corps had grown in size to more than 70 members and traveled on their first summer tour to compete with groups in the Pacific Northwest. The Corps did very well and changed their category from “B” to “A” status that same year.



The Blue Devils Drum and Bugle Corps first toured on a national level in 1973, competing with hundreds of other organizations across the nation in Whitewater, Wisconsin. By placing a very respectable 23rd in the Whitewater “National” competition, the Blue Devils A Corps gained associate membership in prestigious Drum Corps International association (a status given to only the top 25 national groups.) Also during 1973, the Junior Drum and Bell Corps was converted to a B Bugle Corps, and an even younger-aged C Bugle Corps was established.

In 1974, the older A Corps earned a full DCI membership by their 9th place finish at the DCI Championships in Ithaca, New York. That year the Twirling Corps continued to grow and attended their first U.S. Twirling Association (USTA) National Championships in San Francisco. The Twirlers were 40 members strong at the time and were accompanied at this competition by the B Bugle Corps.

In 1975 the A Corps made a tremendous jump to 3rd place at the DCI Championships in Philadelphia, Pennsylvania. In 1976, the A Corps won their first Drum Corps International Championship, sweeping all categories. Since 1975 the Blue Devils have never finished out of the top five and have won the DCI World Championship title in 1976, 1977, 1979, 1980, 1982, 1986, 1994, 1996, 1997, 1999, 2003, 2007, 2009, 2010, 2012, 2014, 2015, 2017, 2019, 2022, and 2023. The Blue Devils’ record of 21 DCI championships stands as an envied accomplishment in the drum corps activity. Adding to their impressive record setting DCI world championships, the Blue Devils in 2005 won the prestigious World Music Contest in Kerkrade, Holland.

# BD PERFORMING ARTS HISTORY

In 1983 the corps attended the “21st Century Celebration” in Osaka, Japan. In 1988, the percussion section was featured as the centerpiece of a week-long schedule of performances at Japan’s Mitsui Greenland, and in the spring of that year, the Blue Devils Winter Guard traveled to the Netherlands. In 1992, the corps traveled to Nice, France, for “Carnaval”, and to the Netherlands for clinics and performances. The corps returned to Japan in the fall of 1996 for a ten-day tour of field shows, parades, theatre performances, and clinics. 2000 saw the Blue Devils’ thrilling return to Europe with a 3-week tour appearing in Germany, Holland, Belgium, and France. In 2002, a 38-member ensemble was the guest of the city of Okayama, Japan, providing a series of performances and clinics for Japanese elementary, intermediate, and high school students as part of the “Marching in Okayama” music festival. A 58-member ensemble of the Blue Devils returned to Japan in the fall of 2003 for an encore tour. The Blue Devils returned to Europe in the summer of 2005, where they toured for 3 weeks culminating with a World Championship at the “World Music Contest” in Kerkrade, Holland. In October 2005, 14 members of the Blue Devils percussion section traveled to Seoul, South Korea to participate in three performances at the Seoul Drum Festival hosted by the Seoul Metropolitan Government and organized by the Sejong Cultural Center. In October 2007, a select ensemble of the Blue Devils consisting of 24 brass players, 12 percussionists and 1 Drum Major returned to the Marching In Okayama Festival in Japan for the third time to participate in the 20th Annual Marching in Okayama Festival. In December 2011, 30 Blue Devil members and staff participated as featured clinicians in the International Band Camp in Kuala Lumpur, Malaysia. In September of 2012, 93 Blue Devil members and staff traveled to Guatemala City to perform a concert to close out the Guatemala Marching Band Championships. In December of 2013, 25 Blue Devil alumni and staff traveled to Taoyuan County, Taiwan to have a clinic and perform a concert as featured performers of the Taoyuan Band Festival. 2015 saw the beginning of BD International, a group made up of recent performers of the world champion Blue Devils as well as eight other world class corps throughout the United States. The first BD International tour travelled to The Netherlands, United Kingdom, Italy, and Switzerland.

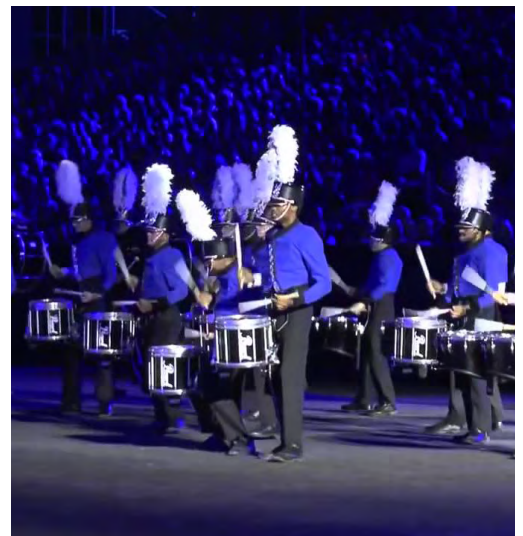
*Read more about [BD International](#) and [One Music One World](#).*

The Blue Devils have also provided unique opportunities to their fans and members by offering performances and clinics with great artists in the musical world. They have been featured in concert with Maynard Ferguson, Bobby Shew, Chuck Mangione, Stan Kenton, and Buddy Rich. Clinic performances spotlighting the Blue Devils have featured Ralph Humphrey, Dave Weckl, Steve Houghton, Peter Erskine, Bob Montgomery, David Garibaldi, and many others. Musical selections from these great artist have been highlights of Blue Devils repertoires over the years.

## OFF THE FIELD

In 1997, the opportunity to perform in an intimate theater environment motivated the Blue Devils to create their “On Stage” series. The premiere production, “Exaltation,” combined the intimacy of the theater with the power and exhilaration of the field performances. 1998 saw an expansion of performance opportunities with the creation of “Exubero” which was performed to full capacity audiences in Denver, San Antonio, Ypsilanti, and at Disney’s EPCOT American Amphitheater. In 1999, audiences in Chicago, Indianapolis, Cincinnati, Denver, San Antonio, and Madison were treated to the exciting “{Jazz} Man in the Moon.” The 2000 On Stage production was the centerpiece of the Blue Devils European tour.

The Blue Devils have broadened their entertainment horizons and formed BDEntertainment as an off-shoot of the Blue Devils to provide pageantry entertainment to a variety of clients. BDEntertainment offers site-specific entertainment for corporate events, sales and motivational meetings, trade shows and special events. BDEntertainment has exceeded all expectations and projections having employed some of the finest performers and creatives in the country. *Read more about [BDEntertainment](#).*



# OUR LEGACY OF EXCELLENCE ON & OFF THE COMPETITIVE FIELD



While the most visible aspects of The Blue Devils' legacy of excellence are the outstanding performances that have earned multiple DCI World championships, the true legacy of excellence is based on what takes place behind the scenes. This legacy requires all members of The Blue Devils to quickly develop a set of very special skills.

As the great major league baseball pitcher Dave Stewart says, *"You make it to the big league because of your physical skill. You have a great career in the big league when your mental skill catches up with your physical skill."* We want you to have a great career in "Marching Music's Major League" and beyond!

In addition to the talent and expertise you've already developed, as a performing member you'll need to adapt to and master:

***– Your personal responsibility and accountability for abiding by The Blue Devils' code of conduct, travel, sleep/rest, rehearsal, performance, Health & Wellness, and all other training protocols.***

**All** of our protocols, rules, and guidelines have been **repeatedly proven** to achieve the highest level of performance while allowing for as much personal freedom as possible. We set the same standard for the quality of your conduct as we set for the quality of your rehearsal and performance. We expect you to take an adult approach to meeting all of your responsibilities.

***– An intense rehearsal schedule that includes developing your physical and mental strength and stamina while also learning the competitive program — all in a very short period of time.***

***– The Blue Devils' unique approach to rehearsal, learning and developing new material, and building exceptional concentration, focus, and stress management skills.***

You will encounter a broad range of techniques designed to build those skills, including individual and small ensemble demonstration and performance situations.

***– Many days that require you to travel, learn and rehearse new material, perform it that evening, and then get back on the bus for an all-night drive.***

***– Taking personal responsibility for your own health and well-being while adapting to a constantly changing environment, travel, sleep, rehearsal, and performance schedule.***

This requires you to both make best use of our Health & Wellness program and have a solid understanding of the physical and mental health and wellness information and protocols included in this handbook.



# GENERAL POLICIES

## BLUEDEVILS.ORG & THE BD APP

You can access your personal account, the rehearsal and performance schedule, and full information on all of the BDPA programs at [www.bluedevils.org](http://www.bluedevils.org). If you are an IOS user, you can also [download our app from the app store](#).

You can see the status of all your form requirements and pay current or outstanding fees from your account page at [www.bluedevils.org](http://www.bluedevils.org). You can [access your account](#) by signing in using the email address we have on file. If you need a new password, follow the **“Forgot your password?”** link. A new password will be sent to the email address we have on file.

Please remember to keep your contact information (email, phone, address) up to date. You may miss important announcements if your information is not accurate!



## FORMS & REQUIREMENTS

You will be required to acknowledge and sign a number of agreements, releases, and documentation. These include:

- BDPA Member Policy
- Conflict Form
- Financial Agreement
- Code of Conduct Policy
- SafePlace Policy Acknowledgment
- Vaccination Policy Acknowledgement
- Emergency Medical Release & Liability Waiver
- Health & Wellness Consent
- Health & Wellness Questionnaire and medical doctor sign-off on your participation if you have any pre-existing injuries or health conditions.
- The requisite visas, work permits, and/or memberships required to fulfill all obligations to BDPA.
- A valid birth certificate or required documentation that verifies your age as required by BDPA and DCI.

# GENERAL POLICIES



## AGE RANGE

Blue Devils “B” welcomes young individuals passionate about music, performance, and excellence. Our program is specifically designed for members aged 15 to 19. This age range fosters a supportive and challenging environment where members can grow personally and artistically. Within this transformative period of life, our members can significantly benefit from the experiences, learning opportunities, and camaraderie our organization offers.

## MEMBERSHIP ELIGIBILITY

To be eligible for membership, individuals must be between the ages of 15 and 19 by the start of the enrollment period. Exceptions to this rule may be considered case-by-case, subject to approval by the Director. We aim to ensure that all members can fully engage with and benefit from our program’s offerings while contributing positively to our collective goals.

Other rules and season regulations may change from season to season. BDPA will announce any adjustments or decisions during the audition process for the new year.

## ETIQUETTE AND CONDUCT

### 1. RESPECT & PROFESSIONALISM

Respect and professionalism are the cornerstones of our community. Members are expected to respectfully treat each other, the staff, volunteers, and the public. This includes but is not limited to using polite language, being attentive during rehearsals and meetings, and considering our group’s different backgrounds and skill levels.

### 2. COMMITMENT & PUNCTUALITY

Commitment to Blue Devils “B” means dedication to personal improvement, team success, and excellence. Punctuality is a critical aspect of this commitment. Members are expected to arrive on time for rehearsals, performances, and events, fully prepared and ready to contribute their best.

### 3. POSITIVE ATTITUDE & TEAM SPIRIT

A positive attitude and team spirit are infectious and vital for our group’s success. We encourage all members to support each other, celebrate successes, and approach challenges with a constructive and collaborative mindset. Our team’s strength lies in our ability to work together towards common goals, appreciating each member’s unique contribution.



## RESPONSIBILITY FOR HOUSING AND TRANSPORTATION

Every member is responsible for arranging accommodations and transportation for most of the season. This empowers members and families to select housing that suits their needs and budget. However, when touring, that will cover housing. We will inform you of the dates BDPA will cover accommodations and transportation. All other dates and times of activities not defined by BDPA will be the responsibility of the member.



## HOUSING ACKNOWLEDGMENT FORM

We have a [Housing Acknowledgment Form](#) that members can complete to communicate their accommodation.

## “SHIRTS ON” POLICY

At Blue Devils “B”, we are dedicated to fostering a rehearsal environment that is both professional and conducive to high performance and concentration. This guideline is designed to promote comfort, professionalism, and focus during rehearsals.



### DETAILS:

- **SHIRT REQUIREMENT:** Members must wear a shirt at all times, specifically covering the torso and shoulders. Acceptable garments include t-shirts and tank tops or any top that aligns with a respectful and professional demeanor.
- **SCOPE:** This includes all settings, including but not limited to indoor and outdoor facilities, food lines, and during all rehearsal activities.
- **ADDITIONAL CLOTHING:** Members must also ensure their entire attire is suitable for rehearsals. This includes proper footwear and clothing that is respectful, comfortable, and allows for unrestricted movement. Members should always have a t-shirt.



# GENERAL POLICIES

## CODE OF CONDUCT

The staff and management will hold all members to a high standard with regard to how they act, interact, and participate. By participating, you agree to abide by the following conditions of membership:

- **Drugs** – BDPA organization is a 100% drug-free environment and experience, including the use and/or possession of marijuana. Drugs are not to be used at rehearsals, camps, functions, on tour, or at any time during your participation in BDPA, regardless of the age of the performer and/or the legal status of the drug in a particular location while on tour. If the policy is not adhered to, BDPA will take corrective action.
- **Alcohol** – Alcohol is not permitted or to be used at rehearsals, camps, functions, and on any of the tours/trips regardless of the member's age.
- **Weapons** – Dangerous weapons of any kind are strictly prohibited.
- **Harassment** – BDPA prohibits bullying, cyberbullying, hazing, harassment, sexual harassment, non-consensual sexual acts and/or contact (sexual assault), sexual exploitation, and stalking. It is understood that language, actions, and sexual advances that are not welcomed are inappropriate and unacceptable. This is a place where everyone can feel safe, regardless of age, gender, or orientation, and the organization will take all necessary and appropriate steps to ensure that is the case.
- **Language** – We are judged by our every word and action. Profane language is offensive and is not allowed at BDPA functions.
- **Smoking/Vaping** – Smoking / Vaping is not allowed during your participation in BDPA. The policy is that YOU CAN NOT smoke on ANY school grounds, at facilities, on buses, around vehicles, in uniform, or during meetings. You are not allowed to smoke/vape during rehearsals or on your breaks during the length of the entire rehearsal.
- **Stealing** – Stealing is illegal and not tolerated. Examples in the past have been taking other people's shoes, plumes, uniform parts, clothing, wallets, school property, etc. These and any other offenses will be dealt with severely.
- **Attitude** – The attitude you bring with you and develop along the way is important. We are an organization with many people, not a specific section or individual. We are all working hard and dedicating ourselves to a common goal. In order to achieve that end, we must all have the same positive approach in everything we do.
- **Values and Principles** – We consider the BDPA values and principles — of doing the right thing, taking care of people, being respectful, and being inclusive — to be of paramount importance. We encourage courtesy and manners while around the organization and beyond. How you interact with people is essential to living these core values and principles. This includes all of your actions and interactions — behavioral, verbal, and/or written.



## PARTICIPATION FEES

BDPA provides members with professional instruction, instruments, uniforms, transportation, practice facilities, and all food at camps and on tour. Meeting these operational expenses requires extensive funding. Your fees only partially cover these expenses. We budget your fees as revenue, so if they are not received, the organization has a financial deficit.

Meeting your financial responsibility is crucial to the viability of the organization. You will be required to pay BDPA a **non-refundable** deposit immediately upon your acceptance as a performing member. Thereafter, you will be required to pay the participation fee in the installments defined on the payment/fee sheet you will receive when you are accepted for membership.

### There are two options for paying your fees:

- You can save 13.6% with the Early Discount Option if you pay your fees in full by March 11.
- Alternatively, you can use the installment plan designated for your section. There is a fee of \$200 for each installment that is paid late.

*\$400 per camp is non-refundable. The total fee is non-refundable after June 1.* If you anticipate having any problems meeting your obligations, contact the corps director immediately. **Please don't wait until after the payment deadline.**

## PARTICIPATION IN OTHER PROGRAMS

You must have no outstanding financial obligations to any other performing arts organization, and you acknowledge that all financial obligations to BDPA must be paid in full before you may participate in the programs of any other performing arts organization.

You must be in good standing with, and eligible to return to, all other performing arts organizations with which you have participated prior to applying for membership in BDPA. If you are not eligible to return for any reason, you understand and agree that you must discuss this situation with the Director prior to participating in any BDPA rehearsal or performance.

## SPONSORSHIPS

### **Non-Tax-Deductible "Performer Sponsorship"**

- Donations under this program are NOT tax deductible. 100% of the sponsorship is credited directly to the specified performer.

We encourage you to generate your own letters to potential sponsors. This allows you to tailor the letter to your individual needs and to whom you are soliciting for sponsorship. If you need guidelines or suggestions, please contact [bdbadmin@bluedevelils.org](mailto:bdbadmin@bluedevelils.org).

# YOUR EQUIPMENT & UNIFORM



## WHAT WE PROVIDE

BDPA will provide you with your instruments and equipment, some rehearsal and warm-up apparel, and your uniform. You will be responsible for providing personal undergarments for your uniform and any other personal items such as wraps and/or braces, make-up, hair products, etc. You shall be financially responsible for all necessary repairs and/or replacement of equipment, apparel, and other BDPA property that result from your careless or negligent use of these items.

# CAMPS

## CAMP ATTENDANCE

You can find a monthly layout of the full schedule, including camps, under the **CALENDAR** tab at [www.bluedevils.org](http://www.bluedevils.org). The audition process will include a consultation with the staff on which camps you will be required to attend.

If there is a school conflict with a Blue Devils rehearsal, the school function is the first priority.

Please let the appropriate staff member know if you have a problem with fulfilling this commitment.



## CAMP PRACTICE FACILITIES

We are very fortunate to have excellent practice facilities and have developed a strong, long-term relationship with all the properties we use.

- Leave facilities better than you found them.
- Do not write on chalkboards, drum on tables, or throw garbage on the ground.
- All chairs, desks, etc. should be returned to their original positions.



## CAMP HOUSING & FOOD

You are responsible for your own housing and transportation for camps. There will be times the corps helps with some meals or final destination transportation, which we will communicate to you ahead of time. You should bring spending money for your trips.

# THE SUMMER SEASON

## LIFE ON TOUR

This year's tour will require us to travel thousands of miles as efficiently and safely as possible. The tour schedule is posted under the [CALENDAR](#) tab at [www.bluedevils.org](http://www.bluedevils.org).

As the summer approaches, we will provide you with more specific information about how we approach our tours. Below are a few general things to keep in mind.

## WHAT TO BRING ON TOUR

Space limitations on our buses mean that there are limits to the number and size of the luggage, sleeping bags/foam pads/etc. you can bring. Please follow these guidelines: mark all belongings (clothes, towels, etc.) with your name, carry only a minimum of cash with you, and remember that all areas of our facilities are not watched at all times. Loss of any personal electronic devices, etc. is your responsibility. The corps assumes no liability for such losses.

- 1 regular size suitcase (no extra-large suitcases)
- 1 overnight bag or backpack
- Sleeping bag and optional air mattress or foam pad. These need to be rolled up together and be a reasonable size
- Pillow
- Some sort of covering for the bus seat and seat back
- Towels and washcloths (more than 1 set helpful)
- Black socks (recommend several pair) and undergarments for your uniform
- Underwear (recommend several sets)
- Practice clothes
- Casual clothes
- 1 dressier set of clothes (for FREE DAYS!)
- Rain protection & layers to keep you warm in
- 2 pairs of supportive rehearsal shoes\*\*\*
- [SuperFeet](#) shoe inserts\*\*\*
- [Compression socks](#) for bus rides & after rehearsal\*\*\*
- Bandana/buff and at least two hats\*\*\*
- 1 gallon personal water jug\*\*\*
- All medications (over-the-counter/prescribed), that you'll need, along with prescriptions\*\*\*  
The H & W team won't have any medications available! Pending any allergies, the following over-the-counter medications are recommended: Ibuprofen, Tylenol, allergy medication, DayQuil/NyQuil, and Benadryl
- Sunscreen
- Bug spray
- Gold Bond powder or Bodyglide to address skin irritations
- Personal care items (toothbrush, toothpaste, shower gear, etc.)
- All braces, wraps, etc. for pre-existing injuries/conditions
- All rehearsal gear and equipment
- Additional uniform/costuming needs (make-up, hair, etc.) designated by the staff
- No boxes, bicycles, etc. are to be brought on tour with the intention of dropping them off with friends/relatives along the way. There is not sufficient space to provide this service



**\*\*\*Please read the Health & Wellness recommendations for details on these items.**

# THE SUMMER SEASON

## SHOWER SCHEDULE

Please respect each other's privacy when using the locker rooms and bathrooms. Most facilities do not have separate adult and participant locker rooms. Shower facilities will have clear signage.

A schedule for male, female, third option, over 18, under 18, and staff will be announced and posted daily. Please consult with the director or manager on-site if you have any questions or requests. Make sure you leave your phones outside the locker room, as this is a private place for many people. Before leaving the locker rooms, be sure to be fully clothed.



## “LIGHTS OUT”

Throughout summer rehearsals at MARS, it's crucial to focus on two key aspects of your well-being: sleep and rest. Achieving peak performance and maintaining your health throughout the season demands that you prioritize getting ample sleep and rest.

To ensure you're in the best shape to take full advantage of our rehearsals and performances, we advise adopting a routine that promotes restfulness and minimizes sleep disruption. Here are some guidelines to help you make the most of your rest periods, applicable not just at MARS but throughout our summer journey:

- Address all personal needs well in advance of our designated “lights out” time. This preparation will help you transition to sleep more smoothly.
- Once “lights out” is announced, please respect the shared sleeping environment by keeping noise to a minimum. This consideration will help ensure everyone can rest undisturbed.
- Make sure you're in the designated sleeping facility and settled in your own sleeping bag by “lights out”. Creating a consistent sleep environment is key to improving sleep quality.
- If you happen to wake up before “lights on,” be mindful of those still sleeping. Should you need to get up, please do so as quietly as possible to avoid disturbing others

Additionally, in our highly digital age, it's essential to limit screen time before bed. Engaging with electronic devices can interfere with your body's ability to fall asleep. Encourage your body to wind down by reducing exposure to screens in the evening, which will help facilitate a restful night's sleep.

Embracing these practices will not only contribute to your personal well-being but also enhance our collective performance. Let's commit to taking care of ourselves and each other as we prepare for an incredible season.



# THE SUMMER SEASON



## ON THE BUS

BDPA charters buses for our travel, therefore we must abide by the charter company's rules as well as those developed over the years by our dedicated drivers. Please follow these important guidelines — failure to adhere to them WILL result in disciplinary action.

- Each bus will have a captain (returning member over 18) and one adult. These people will have specific information on departure times, show preparation times, etc. Please follow their instructions.
- Keeping travel time to a minimum and sleep time to a maximum is an important priority. Therefore, it's important to keep rest stops to a minimum. You'll be given a specific amount of time per stop.
- **DO NOT JUMP ON THE SEATS OR WALK ON THE ARMRESTS!**
- Do not place any items in air conditioning or vent holes.
- Do not open, activate, or pull down any emergency window releases except in the case of fire or accident. The air conditioning system works much better if all the windows are closed while the bus is running.
- The restrooms are not to be used at any time – they have been secured for several important reasons. The person(s) who sit in the back of the bus are responsible for the restrooms being closed at all times.
- No object which could cause damage to the vehicle or injury to any person is to be tossed out of or thrown inside of the bus.
- Trash is to be carried or passed up to the front of the bus. This includes cans and bottles. Deposit ALL of your trash in the trash cans when leaving the vehicle.
- Items are not to be hung from the overhead racks while the bus is running. No item in excess of 2 pounds is to be hung from the overhead rack at any time.
- No one is to stand forward of the Bus Driver's seat while the bus is in motion.
- In order to avoid any damage to any vehicle exterior, no item is to be laid upon or propped against, or hung on the side of any vehicle regardless of who owns it.
- Alcoholic beverages are not to be in, or on, any part of ANY BDPA vehicle.
- Recreational drugs are NOT to be carried on, or in, any part of ANY BDPA vehicle, regardless of their legal status in the area of travel.

# THE SUMMER SEASON

## CARE OF OUR FACILITIES

We are very fortunate to have excellent facilities and have developed a strong, long-term relationship with all of them. These properties must serve as both our base of operations and our “home away from home” for over 180 people at a time. As such, they need to be treated with care. Please follow these guidelines:

- NO FOOD IN THE GYM – particularly where hot climates attract ants, cockroaches, etc.
- Please clean up any spills immediately.
- Please clean as you go, so that leaving the facility is quick and efficient. This includes any rehearsal facilities used on the campus.
- Use the trash cans around the food truck to dispose of your own trash and litter.
- Do not write on chalkboards, drum on tables, etc. All chairs, desks, etc. should be returned to their original position.
- Sections will be assigned by the leadership to clean the facilities. We will not leave any facility until it is clean and in better condition than when we arrived.

## MARS REHEARSAL SITE

Mars is our “summer home” when it comes to rehearsals and growing as a group throughout the summer. When not traveling on tour, we will spend most of our time rehearsing here. This facility is not rented, so we provide care and maintenance. Moreover, we must treat this site and all sites we stay at with care and respect; this includes following the 5 MPH driving speed when entering the facility for rehearsals.

## FREE DAYS

On free days you will have the opportunity to step back from the hard work and explore the sights and cultures of the city we are visiting. Please stay in pairs or groups, do NOT go off on your own. Please remember the BDPA code of conduct and be responsible with your free time.

## MEALS

We do not provide meals during auditions or any camps/weekend rehearsals. We provide most breakfast, lunch, dinner, and snacks during spring training and touring dates. Please refer to the schedule for more details on exactly what is covered and not covered. We also encourage you to maintain a healthy diet on your days off. Please review this handbook’s health and wellness sections.

## HYDRATION

Water and Gatorade will be available at the food truck and at the rehearsal areas. A minimum of a 1 gallon water container is mandatory. It is imperative that you make time to fill your personal container prior to every rehearsal.



## VISITS & OVERNIGHT STAYS WITH FAMILY

Members may be allowed off-site for meals/quick visits with family members only with permission of the corps director. You and your parent/guardian must check-out with the corps director at the time of departure.

In certain situations you may stay overnight off-site with a parent or legal guardian only, and with permission of the corps director. You and your parent/guardian must check-out with the corps director at the time of departure.

# PERFORMANCE PROCEDURES & ETIQUETTE

## THE BLUE DEVILS UNIFORM

Being a part of The Blue Devils means that you are responsible for continuing our trademark tradition of excellence in performance and appearance. When you are in uniform you are a representative of the entire BDPA organization.

- The uniform is designed for a specific, consistent image and nothing is to be added to or subtracted. If you wish to wear any mementos or good luck charms, attach them so they are not visible.
- Every section will wear the same look when warming up or out in public.
- One blue or black stud earring in one ear is permitted. No loops, pins, chains, or any other earring is to be worn with your uniform.
- Smoking or vaping are not allowed when you are wearing any part of your uniform or member apparel.
- Please use common sense/good judgment in your choice of language and behavior at any performance, while in full or partial uniform, or while wearing member apparel.



## A TYPICAL CONTEST DAY

**8:30 AM – Wake Up/Breakfast**

**9:30 AM – Rehearsal**

**1:00 PM – Lunch/EPL**

**3:30 PM – Depart for Show**

**5:30 PM – Arrive/Unload/Change/Warm Up**

**7:50 PM – Gate Time**

**8:00 PM – Performance Time**

**8:30 PM – Load/Dinner**

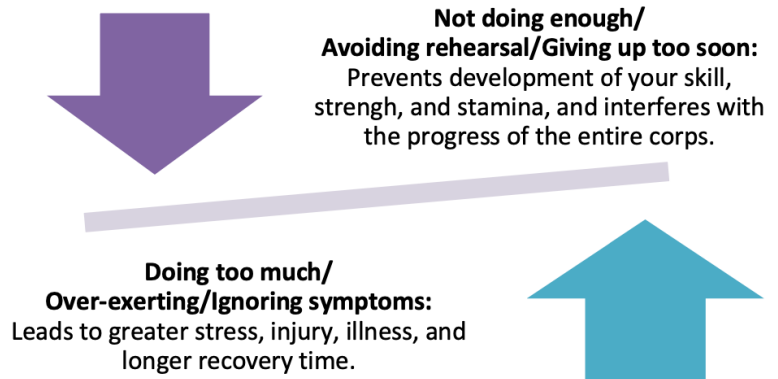
**10:23 PM – Scores Announced**

**11:00 PM – Depart for Housing Site**



# OUR HEALTH & WELLNESS PROGRAM

Your physical and mental health and wellness are essential to your ability to consistently perform at the peak of your skill. In turn, maintaining your physical and mental health and wellness depends upon finding the right balance between not doing enough and doing too much. Our Performance Strategies and Health & Wellness programs engage certified medical personnel to help you find and maintain that balance.



## HEALTH & WELLNESS PROGRAM GOALS

- Evaluate members to compile a more complete medical history and information.
- Develop physical training protocols for injury prevention.
- Develop stress management and mental skills strategies to maximize performance.
- Provide member and staff education, including research, articles, concerns and information.
- Maintain a Health & Wellness station at each location and provide on-site care as needed.

## H&W: PREPARING FOR THE SEASON

*Please read through all of the material in this section so that you are familiar with the essential information you need to know. Make use of all of the physical and mental conditioning and training materials you will receive, and implement that information into your daily life as soon as possible.*

### EXERCISE & DIET

Drum corps is a very physical activity. The more physically fit you are, the less likely you are to sustain an injury. We recommend working out between camps, to include: hiking, running, cardio, weightlifting, and core building. Males should maintain between 2-24% body fat, and females 10-31%.

If you are above, the safe way to bring it down is by:

- 1. Increasing aerobic activity** – If you exercise properly (aerobically), you will be able to exercise longer with less soreness AND you will experience a decrease in appetite for up to two hours after your workout; aerobic exercise also decreases stress and releases endorphins.

Aerobic activity is any exercise that will get your heart rate up between 70% and 80% of your safe maximum heart rate and keep it there for at least 30 minutes (NOT including warm-up and cool-down time). Check your pulse during exercise and maintain this level. Exercise AT LEAST three times a week.

*Maximum heart rate formula:  $220 - \text{age} = \text{MHR}$*

*Aerobic exercise range:  $\text{MHR} - .6$  and  $\text{MHR} - .8 = \text{PULSE RANGE}$*

- 2. Modifying your diet** – Start choosing healthy colorful alternatives, such as fruits and vegetables. If you increase your intake of fruits, vegetables and complex carbohydrates (i.e. beans, oatmeal, 100% whole-wheat bread, quinoa, barley, potatoes, sweet potatoes) you will have more energy and the calories will be burned more easily.

Decrease the amount of fat consumed (contained in red meat and dairy products) and sugars.

# H&W: PREPARING FOR THE SEASON

## PRE-EXISTING CONDITIONS

If you have any type of chronic condition (e.g. joint or muscle injury or weakness), you will need to provide a letter from your physician to clear you for participation in this activity. Request that your physician provide their recommendations to include: medications, wraps, braces, hot/cold packs, etc. Bring your own medications, braces, wraps, etc.

If you have any type of allergy (bees, seasonal, medication, food, etc.) contact your physician for an EpiPen and/or inhaler in case of an allergic reaction. Learn to use the items in the kit before you leave for tour. Also please make sure you fill out the health questionnaire and inform us of all your allergies and food restrictions.

We recommend maintaining all pre-existing treatment and medications, including mental health therapy, over the summer. Please make sure that you have made arrangements for your prescriptions, virtual therapy appointments, and any necessary virtual doctor appointments ahead of time. You will need to advise the Health & Wellness team of any appointments, and make every effort to ensure that they take place outside of rehearsal time.



## WHAT TO BRING ON TOUR

- The H&W team will not have any medications available! Please bring all medications (over-the-counter and prescribed), sunscreen and bug spray that you'll need on tour with you! It is recommended to bring the following over-the-counter medications (pending any allergies): Ibuprofen, allergy medication, Tylenol, DayQuil/NyQuil and Benadryl – along with your prescriptions!
- Shoe inserts will save your feet, ankles, knees, hips and back – they're a bit pricey but totally worth the investment! SuperFeet is a great brand: [www.superfeet.com/en-us/green](http://www.superfeet.com/en-us/green).
- Compression socks are also recommended to be worn on bus rides and after rehearsal. These help with leg/feet pain and circulation and there are a lot of great patterns available. [www.zensah.com](http://www.zensah.com)
- Water bottles can be cute but we need them to be useful, especially at 7165 ft above sea level! Please invest in a water bottle that is at least 1 gallon and be prepared to drink one per block, if not more (be sure to read the Hydration Protocol/Fluid Intake Recommendation)!
- A bandana/buff and at least two hats! Bandana/buff to wet and put around your neck to keep you cool in Texas, the hat(s) to keep your head and face from being burned!
- Skin that rubs against other skin can create chafing or blisters – we recommend packing Gold Bond powder or Bodyglide to address these skin irritations early-on.
- Two – yes TWO – pairs of supportive rehearsal shoes. On the following page you'll find a list of recommended marching shoes, specifically for drum corps provided by DCI's podiatrist, Dr. Tom Freeman.

# RECOMMENDED MARCHING SHOES

## WOMEN'S STYLES

- ADIDAS Run Falcon • Terrex Agravic • Ultraboost Soulstride • Terrex • Terrex Trailmaker
- ALTRA Superior • Lone Peak • Timp
- ASICS Gel Venture • Gel Nimbus Trabuco • Sonoma • Excite
- BROOKS Catamount • Divide • Caldera
- COLUMBIA Plains Ridge
- FILA Evergrand
- HOKA Zinal • Mafate
- MERRELL Antora • Bravada • MOAB • MQM Agility Peak • Long Sky • Siren Sport
- NEW BALANCE Dynasoft • 412 • 519 • 411 • 510
- NIKE Pegasus Trail • Wildhorse • Juniper
- PUMA Voltaic 5
- RYKA Trek • Kahuna • Kudos • Sky Walk • Influence Devotion • Devotion Mid-Ankle Trainers
- SALOMON Sense Ride • Ultra Pro • Speedcross XA Collider
- SAUCONY Cohesion • X Crest • Peregrine • Xodus Mad River • Excursion
- SKECHERS GOrun Altitude • River Rocks
- TOPO Ultraventure • MT3

## RECOMMENDED TRAINING SHOE LIST for MARCHING ARTS PERFORMERS



## MARCHING ARTS SAFETY + HEALTH

an initiative of Drum Corps International

Also included on this List: Crossover Marching Shoe NOT AVAILABLE IN STORES Order Online from Your Favorite Marching Supplier

**Dr. Freeman's** • Versatility • Affordability • Purpose Selection • Durability • Comfort • Availability Requirements • Active Injury Prevention

Dr. Tom Freeman is a graduate of the School College of Podiatric Medicine, from which he received his Doctor of Podiatric Medicine degree. He completed his Podiatric Surgical Residency at Trinity Regional Hospital in Fort Dodge, IA. He is Board Qualified by the American Board of Podiatric Surgery. A longtime member of medical team of The Cavaliers, he is one of the founding practitioners of Marching Arts Safety & Health.



## MEN'S STYLES

- TERREX • Terrex Agravic Ultra • Kanadia
- Timp Trail • Lone Peak • Stinson
- GT-2000 9 TRAIL • Gel-Trabuco 9 • Scram VENTURE 8 • Sonoma • Excite • Kayano • Alpine XT
- CASCADIA • Mazama • Divide • Caldera
- Blowout
- SPEEDGOAT • Challenger • Torrent
- 608 • MT481 • 510\* Hierro v6 • 519 • 619 • 411 • 481 • 669 • 412
- AIR MONARCH • Reax 8TR • Defy • Reax III TR
- Cell Surin 2 • Tazon Fracture • Tazon 6
- Ultra III
- Peregrine • Cohesion • Canyon Mad River • Xodus • Excursion
- Go Run Trail
- Commit • HOVR • Charged Bandit
- ASICS Gel Venture 8 Mid-Top • ADIDAS Terrex-Swift & Skychaser • SKECHERS Go Run Trail Altitude

- ADIDAS
- ALTRA
- ASICS
- BROOKS
- FILA
- HOKA
- NEW BALANCE
- NIKE
- PUMA
- SALOMON
- SAUCONY
- SKECHERS
- UNDER ARMOUR
- MID/HIGH TOP STYLES

# H&W: MAINTAINING WHILE ON TOUR

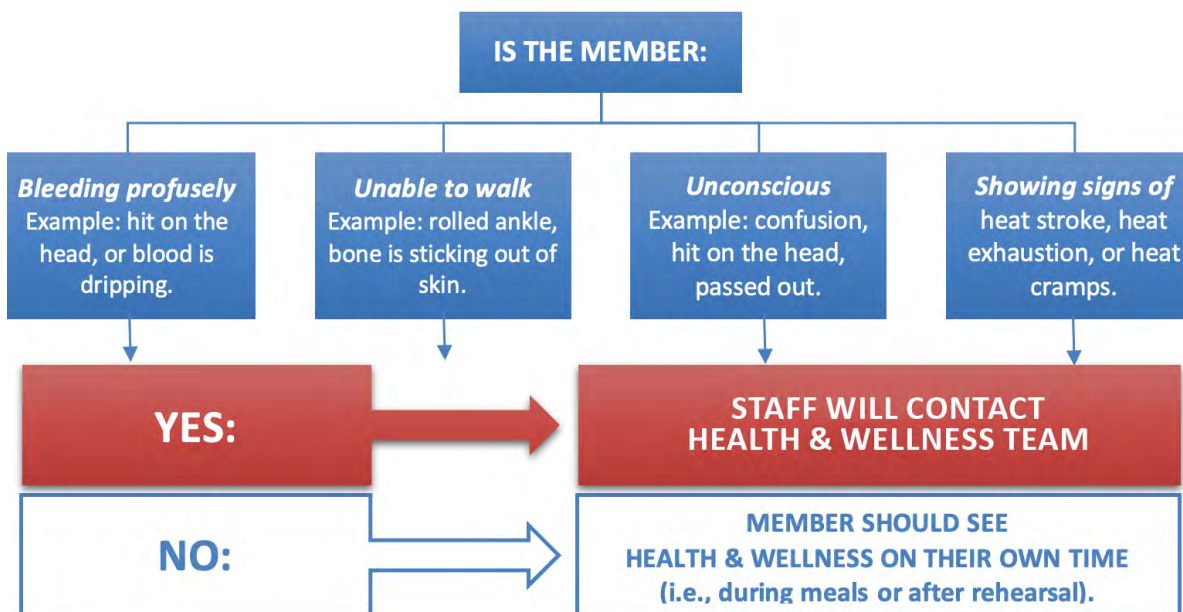
Please familiarize yourself with the information and recommendations below to ensure a healthy season for all. And remember – unless you are injured in rehearsal, you should visit the H&W Station during your own time before rehearsal, at meal breaks or before lights out. Contact a member of the Health & Wellness Team if you have any questions.

## GUIDELINES FOR IF YOU ARE FEELING UNWELL

- Inform a member of the H&W team that you are feeling unwell.
- Have a friend or staff member serve you your food – do not touch any items or serving spoons in the food line.
- Wear a mask on the bus.
- Do not share Chapstick, makeup, bottles, drinks, etc. with other members when sick.
- Sleep as far away from others as possible.
- Most importantly: WASH HANDS WITH SOAP AND WATER FREQUENTLY.



## WHEN TO CALL THE HEALTH & WELLNESS TEAM



## VISITS TO MEDICAL FACILITIES

- H&W/Admin staff will work with member for transportation to a medical facility when necessary.
- Member may be responsible for arranging their own transportation for non-emergency medical appointments, such as Uber or other suitable means, if H&W/Admin staff and member mutually agree. This is aimed at ensuring the efficient use of our resources and prioritizing emergency transportation needs.
- Member will be responsible to cover the cost of medical appointments and emergency room visits with their medical insurance or out of pocket payment.

# H&W: MAINTAINING WHILE ON TOUR



## RECOMMENDATIONS FOR A HEALTHY SEASON

The following recommendations are the foundation for a healthy season. Please review them and ask questions! Staying healthy is vital to the success of your, and the corps' season.

- A hand washing station is available at the start of the food line – USE IT!
- Wipe down your bus area with disinfectant wipes regularly.
- Wash your feet and under toenails to avoid foot funk/ingrown nails.
- Practice good daily hygiene: bathe/shower, use deodorant, brush your teeth.
- Wash hands with soap and water, especially after using the restroom and always before eating.
- BD will provide water and Gatorade. You MUST bring a minimum of one gallon personal water bottle.
- Use sunscreen and reapply often enough to be effective.
- Wear lightweight, loose, well ventilated, light-colored cotton shirts to provide additional protection from the sun – this is imperative if you are already burned.
- Wear something on your head to protect your head, face, neck, and lips from the sun. *(i.e. hat with a bill, bandana, t-shirt, towel, etc.)*
- Shoes must be worn at all times – no bare feet outside the buildings or off the bus.
- Sleep when you have the opportunity – take advantage of travel time and breaks.
- Eat wisely – have several light meals with lots of fresh fruit and vegetables. Avoid excessive sugar and junk food. Eat the well-balanced meals provided by the food truck instead of ordering from services like Doordash or UberEats.
- Increase your fluids, specifically water. You should be urinating at least 5-8 times each 24-hour period. If not, you may be dehydrated. In addition to dehydration, urinary tract infections can also develop if you are not drinking enough water.
- Make good choices. Consider not doing things that may jeopardize your body and health.
- Drink plenty of water and Gatorade and stay away from soda and coffees before/during rehearsals.



# SELF-CARE OUTSIDE OF REHEARSAL

We recognize the immense dedication and effort required to perform. Equally important, however, is how our members take care of themselves outside of these structured activities. Effective self-care ensures that you arrive at each rehearsal energized, focused, and ready to contribute to our collective goals. Here are some best practices you should consider:

## ADEQUATE REST

- **SLEEP:** Prioritize getting enough sleep each night. Aim for 7-9 hours of quality sleep to allow your body and mind to recover and rejuvenate. Establish a consistent bedtime and wake-up routine to enhance sleep quality.
- **REST DAYS:** Take advantage of days without rehearsals to rest and recuperate. While staying active is essential, allowing your body time to recover from the physical demands of your activities is crucial.

## NUTRITION

- **BALANCED MEALS:** Fuel your body with nutritious foods that provide the energy and nutrients needed for optimal performance. Focus on a balanced diet rich in fruits, vegetables, lean proteins, and whole grains.
- **HYDRATION:** Continue to hydrate throughout the day, not just during rehearsals. Drinking adequate water supports overall health and maintains energy levels and concentration.

## PHYSICAL ACTIVITY

- **REGULAR EXERCISE:** Engage in regular physical activity that complements our rehearsal demands. This might include cardiovascular exercises, strength training, or flexibility practices like yoga. Such actions can enhance your physical readiness for rehearsals and reduce the risk of injury. Consider utilizing a preseason conditioning program, sometimes one might be provided for you.
- **LISTEN TO YOUR BODY:** Pay attention to any signs of overuse or strain. Incorporate appropriate recovery techniques, such as stretching, foam rolling, or seeking professional care when necessary.

## MENTAL HEALTH

- **STRESS MANAGEMENT:** Adopt stress-reduction techniques such as mindfulness, meditation, or deep-breathing exercises. Managing stress effectively is crucial for maintaining your mental well-being and focus.
- **SEEK SUPPORT:** Remember, you're part of a community that cares about you. Don't hesitate to contact peers, staff, or mental health professionals if you're struggling or need someone to talk to.

## BALANCING COMMITMENTS

- **TIME MANAGEMENT:** Balance your commitments to Blue Devils "B" with academic, work, and personal responsibilities. Effective time management helps reduce stress and ensures you can fully engage in all areas of your life.

## HEALTH & WELLNESS CHECKS

- **REGULAR CHECK-UPS:** Stay on top of your health with regular medical check-ups, including hearing and vision tests, to address any issues that could impact your performance. Communicate your health and wellness concerns with your family and, when appropriate, with staff.



# SORENESS VS INJURY

## THE DIFFERENCE BETWEEN SORENESS & INJURY

There are differences between the soreness and fatigue that come with physical conditioning or strength-building and the pain that comes from acute injury and/or chronic injury from over-use.

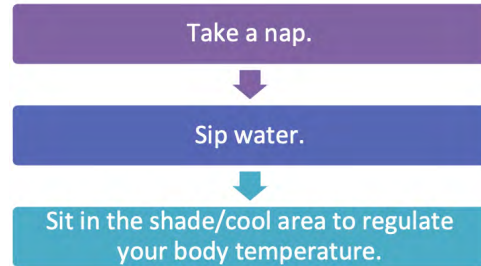
It is normal to have soreness, tenderness, and tightness during physical conditioning and strength building. Much of this discomfort can be avoided in Laramie by participating in the provided *Forte Athletics* pre-conditioning/training program.

On the other hand, any decrease in strength or range of motion might be an indication of injury. You should contact the Health & Wellness Team if you experience:

- Sudden, severe pain.
- Extreme swelling or bruising.
- Not being able to place weight on a leg, knee, ankle, or foot.
- Not being able to move a joint normally.
- Extreme weakness of an injured limb.
- A bone or joint that is visibly out of place.
- Pain when you rehearse or exercise.
- Swelling and a dull ache when you rest.
- Pain and swelling that do not go away or worsen after a few days.

## SELF CARE FOR SORENESS OR TIGHTNESS

- When you have the downtime, use it to REST!



- For any areas of soreness, remember RICE:



- We also recommend that you stretch after each rehearsal block and during downtime. Some good cool down stretches can be found illustrated in the graphic below.

**Always contact a member of the Health & Wellness Team with any questions/concerns!**



## WHAT IS THE PURPOSE OF NUTRITION?

As defined by the Academy of Nutrition and Dietetics, nutrition is the science of how the body is affected by food. The purpose of nutrition is to understand the impact food, with its nutritional values, has on the body. Consuming the proper amount of nutrients is needed for all-around health and development. Some positive correlations include a potentially longer lifespan, lower risk of chronic diseases, and stronger immune systems. However, with inadequate nutrition, several issues can arise such as heart disease, injury, and obesity.

## WHY IMPLEMENT NUTRITION?

Nutrition requirements vary from person to person; as a result, it is important to implement eating habits that can fulfill everyone's specific needs. When an individual is not achieving adequate nutrition, health complications can develop. Several factors play a role in this; such as food convenience, education, and environment. These factors impact daily decisions regarding one's diet, as well as impacting the future.



## NUTRITION FOR AN ACTIVE INDIVIDUAL CAN SIGNIFICANTLY IMPACT OVERALL PERFORMANCE

Fueling the body with adequate and appropriate nutrients is important for muscle development, stronger bones, and injury prevention. Implementing a nutritional plan, using a qualified source, is necessary for the individual or athlete to achieve improved performance.

## WHY IT'S IMPORTANT OVER THE COURSE OF A LIFESPAN

For a long, healthy lifespan, it is important to educate and provide resources on proper nutrition. Every individual requires different nutritional needs, which is why adopting a diet that encompasses moderation, variety, and balance is vital. The earlier these habits begin, the healthier the individual is over the course of a lifespan, particularly those individuals with rigorous schedules. However, eating habits can be a challenge to maintain, especially in varying environments.

## FOR ATHLETES, NUTRITION IS ESSENTIAL FOR OVERALL HEALTH, TRAINING, AND COMPETITION

However, tracking an athlete's needs is sometimes complicated due to fluctuation in nutritional requirements. Factors causing fluctuation include type of season (in-season or off-season), environment, metabolism, training schedule, meal and snack timings, and stress. Athletes, or more active individuals, should take these factors into account when establishing a diet practice with a qualified dietitian. Athletes with inadequate nutrition can hinder their performance levels and develop various health complications such as anemia, fatigue, lack of muscle repairing (recovery), and injury. Overall, it is important for athletes and active individuals to have a balanced diet with adequate nutrition in order to improve performance and maintain healthy lifespans.

# HYDRATION

Dehydration is one of the primary reasons members miss rehearsals and performances. Please [CLICK HERE](#) to read more valuable information about dehydration and how best to stay hydrated.

## SIGNS & SYMPTOMS OF DEHYDRATION

- Lack of concentration
- High perceived exertion during exercise
- Trouble tolerating heat
- Delayed recovery
- Muscle cramps
- Headache
- Nausea/vomiting
- Racing heart or “weird” rhythms
- Increased tiredness, impatience, sleepiness.

## THREE INDICATORS OF DEHYDRATION

You are likely dehydrated if two or more of these markers are outside of the normal range.

- Morning urine is dark.
- Body weight is lower than usual when you wake.
- Greater than usual thirst.

## HYDRATION PROTOCOL/FLUID INTAKE RECOMMENDATION

**Mandatory minimum jug capacity: 1 gallon**

WHEN	RECOMMENDATIONS
Before exercise	2-3 hours before: >16 fl oz. (+ 8-16 fl oz. in hot weather) 15 minutes before: 8 fl oz.*  <b>ESTIMATED TOTAL:</b> 1/3 to 1/2 of a jug
During exercise	~7-10 fl oz. every 10-20 min during exercise*  <b>ESTIMATED TOTALS:</b> 3-hour block: 90 fl oz. (1 1/2 jugs) 4-hour block: 120 fl oz. (2 jugs)
After exercise	~64 fl oz. to replace fluids within 2 hours*  <b>ESTIMATED TOTAL:</b> 1 jug
During meals	≥16 fl oz. at meals  <b>ESTIMATED TOTALS:</b> 1/4 of a jug at lunch and dinner

**\*A mixture of water and sports drinks are recommended when exercise blocks are physically vigorous or heat index is high.**



WebMD

## SIGNS YOU MAY BE DEHYDRATED

Thirst isn't the only clue. Stay alert for these symptoms:

— Entire Body    - - - Specific Areas

Fatigue

Dizziness or fainting

Dry skin

Urinating less often

Dark urine

Sources: MedlinePlus, KidsHealth, Mayo Clinic.

## ARE YOU HYDRATED? DON'T WAIT UNTIL URINE TROUBLE.

Products with caffeine should be avoided before practice and competition (supplements, energy drinks, etc...) Sports drinks can provide supplementary electrolytes, but water is KEY!

Monitor your urine color with the chart below. Don't let dehydration take you off the field!

### HIGHLY DEHYDRATED

Go drink a large bottle of water immediately.

### SERIOUSLY DEHYDRATED

You are still seriously dehydrated. Drinking a bottle of water now will make you feel much better.

### MODERATELY DEHYDRATED

You lose water on a regular basis throughout the day. Drink more water.

### PROPERLY HYDRATED

You're almost there. Get some water in your system to flush out all those toxins from your workout. Stay hydrated and healthy!

### HYDRATED & HEALTHY

Great job! To stay hydrated, experiment during training to find the amount of fluid to drink that feels comfortable and allows you to perform at your best (6 - 12 glasses/day).



If you have questions, the Resource Exchange Center (REC) has answers. Protect your health and eligibility, submit nutritional/dietary supplement and drug questions to your ATC, physician, and the REC for review.



## WATER JUG MAINTENANCE AND CLEANLINESS

Each member is responsible for cleaning their water jug. Neglecting this duty can lead to health risks for individuals and the entire group, as illnesses can quickly spread within close communities.

Hydration is crucial during rehearsals and performances, especially given the physical demands placed on our members. To ensure the health and safety of our community, Blue Devils "B" emphasizes the importance of maintaining clean water jugs throughout the season. Proper care and cleanliness of your water jug prevent the growth of bacteria and ensure that hydration does not come at the cost of your health.

### DAILY CLEANING:

- **RINSE AND DRY:** After each rehearsal day, rinse your water jug thoroughly with warm water to remove any residue. Allow it to air dry completely before the next use. This simple practice helps prevent the buildup of harmful bacteria and mold.
- **SOAP WASH:** At least once daily, wash your water jug with mild soap and warm water. Be sure to clean the inside and outside of the jug, the cap, and any drinking spouts or straws. Rinse all parts thoroughly to remove any soap residue.

# ENVIRONMENTAL HEALTH CONCERNS

## ALTITUDE SICKNESS

Altitude sickness is real! When you travel to a high elevation (such as the University of Wyoming!) without letting your body adjust to the new altitude, you may experience altitude sickness. Symptoms include headache and nausea. It is important that you prepare for the high altitude you will experience in Laramie. Be sure to hydrate with water before you arrive!

[THIS LINK](#) will give you more information to keep it from happening to you.

### Remedies For Altitude Sickness

- Eat carbs** (Icon: bread)
- Avoid alcohol** (Icon: alcohol bottle with a red prohibition sign)
- Drink water** (Icon: glass of water)
- Do not smoke** (Icon: cigarette with a red prohibition sign)
- Use headache medicine** (Icon: pills)
- Breathe deeply** (Icon: lungs)
- Use Ginkgo biloba** (Icon: Ginkgo biloba leaves)
- Chew coca leaves** (Icon: coca leaves)

**boldsky** [www.boldsky.com](http://www.boldsky.com)

Symptoms of altitude sickness can include any of the following...

headache	**mental confusion or slowness
dizziness/lightheadedness	**having blue or gray lips or fingernails
insomnia	**extreme difficulty in breathing, even while at rest
shortness of breath during exertion	**persistent cough
nausea/vomiting	**hearing a sound like a crumpling paper bag when you breathe
loss of appetite	
diarrhea	**difficulty walking/exercising
fatigue/weakness	**loss of coordination
swelling of extremities	**severe fatigue

# ENVIRONMENTAL HEALTH CONCERNS

## HEAT ILLNESS

The body responds to heat by dilating the blood vessels in the skin and increasing the heartbeat. The body loses heat by conduction and convection which is caused by the cooling effect of air flowing next to the skin, radiation of heat to surrounding objects which come in contact with the skin, and evaporation of sweat. Excess sweating, however, causes loss of salt and water from the body fluids, which creates an increased workload on the circulatory system.

Physical work increases the effects of high temperature on the body. Other conditions make people more vulnerable to heat injury, including: **heat rash, dehydration, lack of sleep, feverish conditions, acute sunburn fatigue, vascular disease, previous heatstroke, and use of alcohol.**

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Call 911 right away—heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person's temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul>	<ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You're on a low-sodium diet</li><li>• You have heart problems</li></ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul>	<ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul>	<ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul>



# ENVIRONMENTAL HEALTH CONCERNS

## SERIOUS HEAT ILLNESSES REQUIRING IMMEDIATE CARE

There are 3 types of serious heat illnesses that require immediate care. Please contact the Health & Wellness Team immediately if anyone has these symptoms!

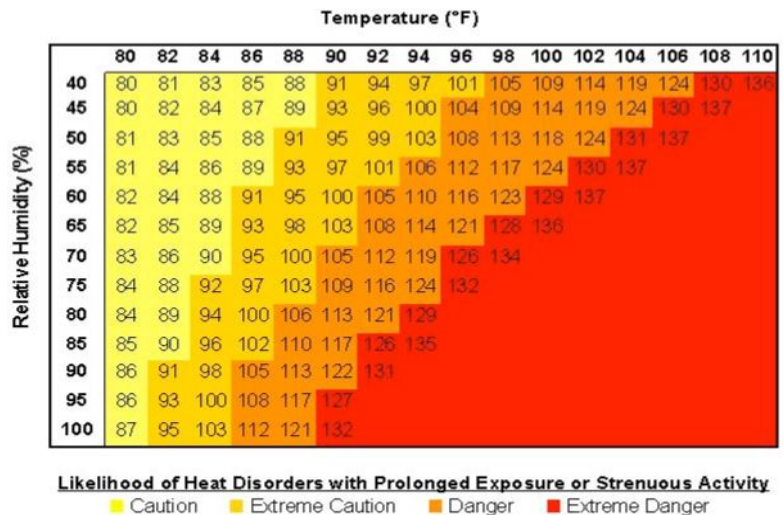
- Heat Cramps – Caused by excessive loss of salt from the body.**  
 Symptoms: Painful cramps in muscles of the extremities and abdominal wall. Body temperature is normal.
- Heat Exhaustion – Caused by excessive dehydration and salt.**  
 Symptoms: Profuse perspiration, skin is cool and pale, rapid pulse (140-200 beats per minute), low blood pressure, headache, mental confusion, dizziness, drowsiness, weakness, loss of appetite, vomiting, visual disturbance, occasional cramps of extremities or abdominal muscles.
- Heat Stroke – Caused by a breakdown of the body's heat regulating mechanism. A very serious condition in which there is extremely high body temperature – can lead to coma or death. Risk: Persons not acclimatized to heat; physical exertion; alcoholism; diarrhea caused by dehydration.**  
 Symptoms: Absence of sweating, cool skin surface, headache, dizziness, mental confusion, weakness, nausea, urination. Early stages are characterized by hot, red, dry skin; full and rapid pulse; normal or elevated blood pressure; rapid and deep respiration; body temperature 106-110F. The onset is usually dramatic with collapse and loss of consciousness. Convulsions may occur.

## BDPA HEAT ILLNESS PREVENTION PROTOCOL

The following guidelines will be utilized to determine what to do with practice when the heat and humidity become a health risk. These guidelines have been based off the NCAA Sports Medicine Handbook and the NATA's position statement on Exertional Heat Illness.

Temperature and humidity data will be taken daily (digital/analog) and compared to a chart to determine the heat index (See heat index chart below). The H&W team will give a recommendation, based on the WBGT and heat index to the Director and Staff and the rehearsal schedule/location will be amended accordingly.

- CAUTION: Fatigue possible.**  
 Minimum of 2.5-minute break every 30 minutes (or 5 min. of break per hour).
- EXTREME CAUTION: Sunstroke, muscle cramps, and/or heat exhaustion possible.**  
 Minimum of 5-minute break every 30 minutes (or 10 min. of break per hour).
- DANGER: Sunstroke, muscle cramps, and/or heat exhaustion likely.**  
 Minimum of 5-minute break every 20 minutes (or 15 min. of break per hour).
- EXTREME DANGER: Heat stroke or sunstroke likely.** Minimum of 5-minute break every 15 minutes (or 20 min. of break per hour). Avoid direct sun, consider practicing indoors.





# CONCUSSION PROTOCOL

## WHAT IS A CONCUSSION?

A concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness. Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to days, weeks, months or even longer in some cases. Although concussions are most common in contact and collision activities, there is a high incidence of concussions in drum corps.



**RED FLAGS** – If a member suddenly experiences ANY of the following symptoms, IMMEDIATELY contact the Health & Wellness team. If a Health & Wellness team member is unavailable, facilitate getting the member to the emergency room as soon as possible.

- Worsening headaches
- Seizure-like activity
- Neck pain
- Drowsy
- Unable to wake or loss of consciousness
- Slurred speech
- Multiple bouts of vomiting
- Confusion
- Weakness
- Unusual behavior changes
- Increase in irritability
- Change in pupils (not reacting to light or suddenly dilated or pinpoint)

## PRECAUTIONS: BASELINE TESTING

- All members will complete a baseline concussion assessment prior to the beginning of the season.
- If a member sustains a concussion during the season and misses the timeline for retesting, their baseline test will be conducted at the end of their Return to Perform progression.

## RECOGNITION: POST-INJURY SCREENINGS

- The Health & Wellness Team are trained and CDC certified to recognize the signs and symptoms of a concussion. If these are observed, the member will be removed from activity and assessed. Encourage members to discuss questions about their health with staff or Health & Wellness team.
- The member will be reassessed as needed until the member has no symptoms for 24 hours and/or has returned to their pre-injury/baseline state utilizing the Post-Concussion Symptom Scale.

# CONCUSSION PROTOCOL

## Facts about Concussion and Brain Injury



### About Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

### Concussion Signs and Symptoms

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion. Symptoms of concussion usually fall into four categories:

<b>Thinking/Remembering</b>	Difficulty thinking clearly	Feeling slowed down	Difficulty concentrating	Difficulty remembering new information
<b>Physical</b>	Headache Fuzzy or blurry vision	Nausea or vomiting (early on) Dizziness	Sensitivity to noise or light Balance problems	Feeling tired, having no energy
<b>Emotional/Mood</b>	Irritability	Sadness	More emotional	Nervousness or anxiety
<b>Sleep</b>	Sleeping more than usual	Sleep less than usual	Trouble falling asleep	

### Getting Better

Rest is very important after a concussion because it helps the brain to heal. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Be patient because healing takes time. Only when your symptoms have reduced significantly, in consultation with your doctor, should you slowly and gradually return to your daily activities, such as work or school. If your symptoms come back or you get new symptoms as you become more active, this is a sign that you are pushing yourself too hard. Stop these activities and take more time to rest and recover. As the days go by, you can expect to gradually feel better.

Tips to help you get better:

- Get plenty of sleep at night, and rest during the day.
- Avoid activities that are physically demanding (e.g., sports, heavy housecleaning, working-out) or require a lot of concentration (e.g., sustained computer use, video games).
- Ask your doctor when you can safely drive a car, ride a bike, or operate heavy equipment.
- Do not drink alcohol. Alcohol and other drugs may slow your recovery and put you at risk of further injury.



There are many people who can help you and your family as you recover from a concussion. You do not have to do it alone. Keep talking with your doctor, family members, and loved ones about how you are feeling, both physically and emotionally. If you do not think you are getting better, tell your doctor.

For more information and resources, please visit CDC on the Web at: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention



# CONCUSSION PROTOCOL

## MANAGEMENT: MEDICAL TREATMENT

- Staff will immediately inform the Health & Wellness team of any member that sustains an injury during rehearsal that involves trauma to the head.
- The Health & Wellness team will obtain injury details and assess the member. If symptoms are noted by the Health & Wellness team, then the member will be excluded from all participation until such time as the member is medically cleared to return to activity. If the member is under 18, administration will contact the parents directly.
- The Health & Wellness team will notify the director and appropriate staff.
- If the member is taken to a walk-in medical center or emergency room, the member will be accompanied by the Health & Wellness team or a member of the administrative staff. The member will then need to follow-up with the Health & Wellness team as well as the supervising physician for retesting and medical re-evaluation before returning to physical activity as prescribed by the physician/NP.
- Once the member is symptom free for 24 hours, they will then be reassessed by the Health & Wellness team before returning to physical activity. The member cannot participate in any performance or events until they have successfully completed the full RTP Four-day progression and remained symptom free.
- If the member experiences symptoms anytime throughout the four-day progression (same or different than original injury), the member will be removed from activity until symptoms subside. The member will then restart the RTP progression on the following day with the rest day determined by a physician.

## RTP PROGRESSION

### ***HORNS/DRUM LINE:***

- DAY 0 – Decrease stimuli and rest for the remainder of the day. Member will be checked frequently by Health & Wellness team to ensure symptoms have not increased or worsened.
- DAY 1 – Marching basics (Visual) w/o instrument and stand-still playing, (no ensemble).
- DAY 2 – Marching basics (Visual), w/instrument and stand-still playing, (no ensemble).
- DAY 3 – Marching basics (Visual), drill and stand-still playing, (no ensemble).
- DAY 4 – Full participation.

### ***COLOR GUARD:***

- DAY 0 – Decrease stimuli and rest for the remainder of the day. Member will be checked frequently by the Health & Wellness team to ensure symptoms have not increased or worsened.
- DAY 1 – Flag/Weapon basics, no equipment. Body warm-up and stretch, no across the floors, (no ensemble).
- DAY 2 – Full basics block with equipment, no tossing. Dance with across the floors, (no ensemble).
- DAY 3 – Sectionals, spinning on the move, dance/across the floors. (no ensemble).
- DAY 4 – Full participation.

# PERFORMANCE & MENTAL HEALTH

## PERFORMANCE ANXIETY

Being a member of The Blue Devils will be one of the most intense and rewarding experiences of your life. That level of intensity creates all of the conditions for a physical, emotional, and mental roller coaster. One of the most well-known aspects of that roller coaster is what is referred to as “performance anxiety”.

The most important thing to remember is that this roller coaster happens to all performers, but it plays out differently in each of us. That means that what we call “performance anxiety” happens to each of us in our own unique way. For some people, it plays out in their thoughts and beliefs; for others, it plays out in how their nervous system responds; for others it is how their body responds; and for others it is how their brain and cognitive processes respond.

The trick to performing at the very peak of your skill is to learn how the roller coaster plays out in you, and then to develop techniques to control it rather than letting it control you.

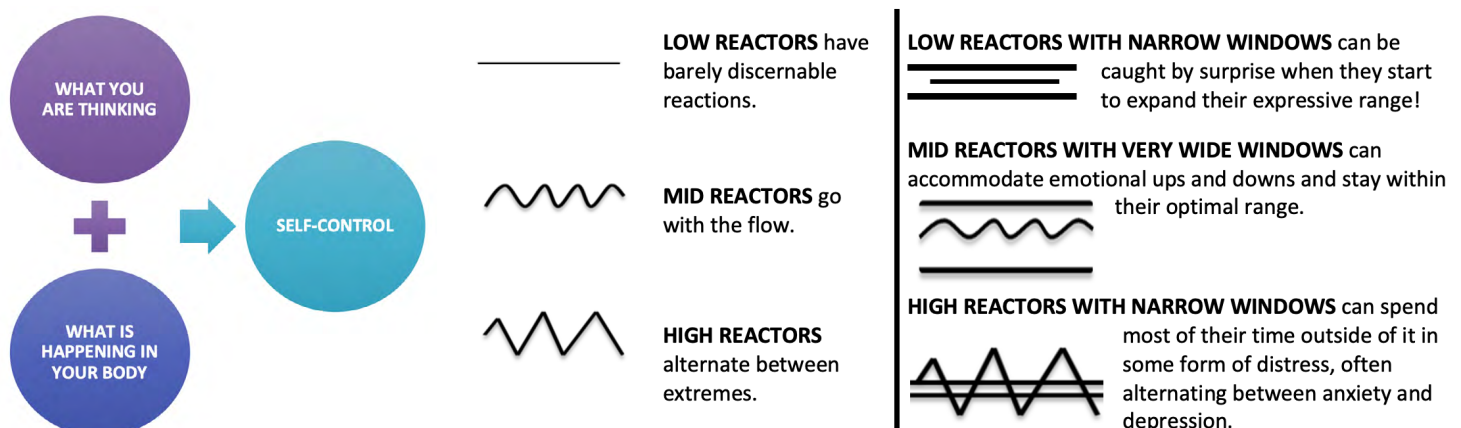


A useful way to think of this is that we all have a “window of tolerance” within which high levels of intensity can be processed without interfering with our performance or our well-being.

We also have unique reactive patterns that impact our ability to stay inside that window of tolerance so we can perform at our best.

- Inside that window, we have access to our very best. We are at the optimal level of intensity for the task. We are highly adaptive, in control, and enjoying our experience.
- Above that window, we over-exert, over-react, become irritated or angry, and experience anxiety and panic.
- Below that window, we are bored, disconnected, exhausted, and experience depression.

**“You must be in control of yourself before you can control your performance” – Ken Ravizza**



# PERFORMANCE & MENTAL HEALTH

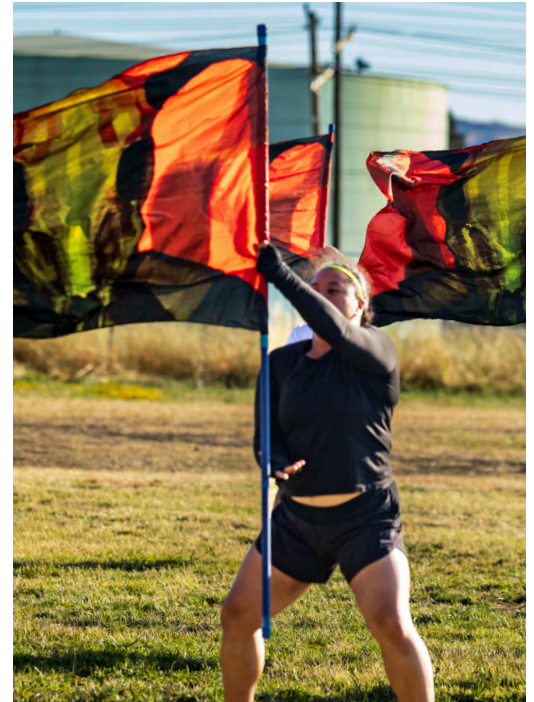
## HIGH ACHIEVERS & IMPOSTOR SYNDROME

It is a foregone conclusion that pretty much everyone you will meet at The Blue Devils is a high achiever. You wouldn't have made it this far if you weren't a high achiever too. One of the biggest adjustments new members of The Blue Devils have to make is being around so many people who are so incredibly good at what they do.

Most new members are used to being “the best” achiever in their previous endeavors. We could call that the “big fish in a little pond” syndrome. In some cases, being “the best” came naturally and was also relatively easy. So guess what happens when you find yourself surrounded by a lot of “big fish”?

“Big fish” in a pond of “big fish” are not accustomed to:

- Being one of many who are very good at what they do.
- Not being “the best” at a given task.
- Having to work harder than ever in order to achieve the same quality as the rest of the group.



It makes sense that this might make you think, “Wait! Maybe I’m not as good as I thought I was.”

Impostor Syndrome (also known as the Impostor Phenomenon) takes place when highly-capable people doubt that they are as good as people say. There’s a related (but opposite) phenomenon called the Dunning-Kruger Effect, where people with low ability tend to over-estimate their skills. Ironically, in one research project studying four ability groups ranging from very low to high, the high achievers were the only people who under-estimated their skill.

Most people experience some self-doubt when facing new challenges, but someone with impostor syndrome has a pervasive fear of being found out to not have what it takes.

Impostor syndrome isn’t an official diagnosis, but psychologists and others acknowledge that it is a very real and specific form of intellectual self-doubt. Impostor feelings are generally accompanied by anxiety and, often, depression. Most people with impostor feelings suffer in silence—because part of the experience is that they’re afraid they’re going to be found out.

The impostor syndrome and perfectionism often go hand in hand. People with these feelings think everything they do has to be done perfectly and they often go through self-torture to make it so. Then they start to believe that self-torture is essential to their success. They don’t have any idea it’s possible not to feel so anxious and fearful all the time.

That level of perfectionism can lead to two typical (often simultaneous) response patterns: the tendency to avoid and the tendency to over-exert. If you find yourself feeling like this, it is important to know that you can do something about it and that you can learn to enjoy your accomplishments. Here are some important things to know:

- Impostor feelings are both normal and irrational.
- They are more common among people who are embarking on a new endeavor.
- They are more common in high achievers and in families or groups that place a big emphasis on achievement.

# PERFORMANCE & MENTAL HEALTH



## HIGH ACHIEVER TENDENCIES

Research shows high achievers tend to be more sensitive or “excitable” with a unique mix of traits:

- **Intellectual Overexcitability** – these people are curious, questioning, and sharp. They want to ask questions and go deep into interesting topics and talk about theoretical concepts. They are able to grasp those concepts faster than most.
- **Imaginational Overexcitability** – these people live in their imaginations, they often daydream, doodle, or otherwise occupy their minds and it can be very difficult for them to stay focused.
- **Sensual Overexcitability** – these people receive more input from their senses than most. They have strong reactions to sounds, light, textures, tastes, etc. This reaction could be positive – with a strong desire to continue the experience, or negative – with a strong desire to avoid it.
- **Psychomotor Overexcitability** – these people have a lot of excess energy that might manifest as fidgety behavior, rapid or excessive talking, and overactive physical behavior. This can often be misidentified as ADHD.
- **Emotional Overexcitability** – these people might appear overly dramatic or out for attention. In most cases, though, these people just feel emotions (whether positive or negative) more intensely.

Adapting to, and blending in with, a group of “overexcitable” high achievers can be a real challenge. The good news is that it has been a normal part of group formation for The Blue Devils for decades and your staff are experts at blending these unique areas of “overexcitability” into a cohesive group of spectacular performers!

You made it this far and you are now with the best people in the business. They know how to sort out high achievers from so-called impostors and they chose you to be a member of The Blue Devils. Trust them to do their job to the best of their ability while you focus on doing your own job to the best of your ability.

- **Recognize your expertise.**
- **Remember what you do well.**
- **Switch your focus from perfection to consistent excellence.**
- **Take good care of yourself and use the tools you will be offered.**
- **Talk to someone who can help.**

# MANAGING MENTAL HEALTH

Do you have questions or want to learn more about your performance skills or mental health? You can schedule a meeting with our **Performance Strategies Coordinator, Shirley Dorritie**. Contact her at [shirleyd@bluedevils.org](mailto:shirleyd@bluedevils.org) or ask a member of the H&W team to set one up. You will also learn to develop a variety of mental skills – including concentration and focus, monitoring intensity and how it impacts your performance, and stabilizing your nervous system and mood so that you can be at your best.

## STRATEGIES FOR SLOWING DOWN & STABILIZING

**1. TO PERFORM WELL, BREATHE WELL!** The most effective way to stimulate the vagus nerve and trigger a stabilizing response in your body is to inhale and exhale through THE NOSE.

- To balance your nervous system, use a **BALANCED BREATH**: Equal length inhalation and exhalation.
- To lower the alarm and relax, use a **CLEANSING BREATH**: Longer exhalation than inhalation. This lowers the alarm response and maintains a healthy level of carbon dioxide in the blood, which helps you relax.
- To help motivate and support action, use an **ENERGIZING BREATH**: Longer inhalation than exhalation. This brings in more oxygen – therefore more energy—and helps motivate and support action.
- To balance both hemispheres of the brain and your nervous system, use **ALTERNATE NOSTRIL BREATHING** (below) with a **BALANCED BREATH** gradually extending the exhalation longer than the inhalation.

**2. LEFT/RIGHT BREATHING.** Although it is usually outside of our awareness, our breathing alternates between nostrils over periods ranging from a few minutes to a few hours. This is usually based on our activities and our relationship to gravity (the highest nostril usually dominates). By gently closing off one nostril you can purposely activate the following properties:

### **RIGHT NOSTRIL BREATHING**

- Stimulates the sympathetic nervous system, which activates and intensifies your experience.
- Stimulates the left hemisphere of the brain.
- Increases verbal performance.
- Increases the heart rate.

1. Fold down the index and second finger of your right hand. Take a deep soft inhale through both nostrils, then exhale completely.
2. Gently close your left nostril using your ring finger. Inhale and exhale slowly and soundlessly through your right nostril for 3 to 5 breaths, using your preferred breathing pattern.

### **LEFT NOSTRIL BREATHING**

- Stimulates the parasympathetic nervous system, which calms and lowers the intensity of your experience.
  - Stimulates the right hemisphere of the brain.
  - Increases spatial performance.
  - Decreases the heart rate.
1. Fold down the index and second finger of your right hand. Take a deep soft inhale through both nostrils, then exhale completely.
  2. Gently close your right nostril using your ring finger. Inhale and exhale slowly and soundlessly through your left nostril for 3 to 5 breaths, using your preferred breathing pattern.

### **ALTERNATE NOSTRIL BREATHING**

- Balances both branches of the nervous system and both hemispheres of the brain. Begin by doing 3 to 5 cycles. Then gradually increase as you are comfortable.
1. Fold down the index and 2nd finger of your right hand. (Or rest them on your forehead). Inhale deeply through both nostrils.
  2. Part 1 of the cycle starts on the exhale: Gently close your right nostril with your thumb. Exhale and inhale slowly and thoroughly through your left nostril.

# MANAGING MENTAL HEALTH

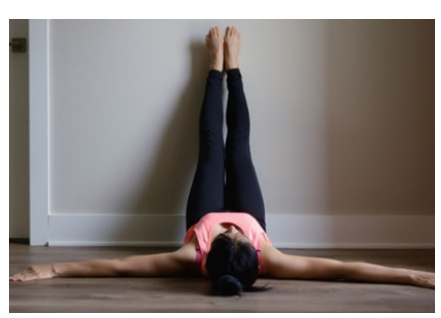
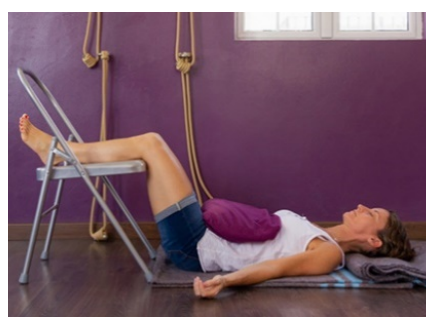
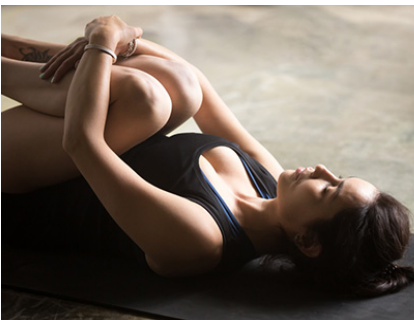
3. Part 2 of the cycle starts on the exhale: Gently close your left nostril with your ring finger and open your right nostril by removing your thumb. Exhale and inhale slowly and thoroughly through your right nostril.
4. Repeat the cycle: Gently close your right nostril and open your left nostril. Exhale and inhale through your left, etc.

**3. RELAX YOUR FACE, EYES, AND TONGUE.** Your eyes are the first to receive emotional signals and then trigger a reaction. Relaxing the eyes and face begins to relax the whole body.

- Rub your palms together to generate some heat. Then place them over your eyes, resting your fingertips on your upper forehead.
- Allow your eyes to soften, relax your jaws, and release your tongue.
- When you are ready, slowly draw your fingertips down your face, gently pulling your skin downwards towards your jawline. Go gently over your eyes, and then increase the pressure as you move from your upper cheekbones downward to your jawline.
- Repeat until you feel relief.

## **4. TAKE SOME SLOW & EXTENDED FORWARD FOLDS, STRETCHES, AND SPINAL TWISTS.**

Breathing deeply into the area of your lungs that is uppermost in the shape. Below you'll find examples that can be done in a variety of settings, with whatever props you have.





# MANAGING MENTAL HEALTH

**5. BUTTERFLY PATS.** Cross your arms in front of you and rest your hands on opposite shoulders. Gently alternate a pat on each shoulder in a consistent rhythm. 60 or 80 beats per minute or sub-rhythms (30 or 40 bpm) is most effective.

**6. BREATHE AND SQUEEZE.** Discreet and more powerful than it appears because it stimulates the release of calming endorphins into your bloodstream. A good one to use regularly.

- Take a few deep balanced breaths. Hold one arm securely with the opposite hand, gently squeezing the tissue between the skin and the muscle. Repeat on the other side. You can do this with your head and face and legs as well.

**7. SHAKE IT OFF LIKE A WET DOG.** This is a great way to shake off excess energy and refocus the body and brain.

- Just as a dog would shake off water, take a big yawn to stretch your face, then shake your body from the top of your skull all the way down to the tip of your tail, then go back up from your tail to your head.

**8. ROCK YOUR BODY SLOWLY, FROM FRONT-TO-BACK OR SIDE-TO-SIDE.**

**9. THINK IN THE PRESENT TENSE AND SAY IT THE WAY YOU WANT IT!**

**10. REPEAT YOUR FAVORITE CALMING WORD ALIGNED WITH BALANCED/CLEANSING BREATHS.**

- Examples: Calm; Committed; Concentrated; Confident; Consistent; Focused.



# MANAGING MENTAL HEALTH

## BOOSTING ENERGY & ELEVATING MOOD

Get upside down! Inversions flush the adrenal glands, alter the flow cerebral spinal fluid, and allow fresh blood to cycle throughout the tissues and organs of the body. This nourishes brain cells with more oxygen and stimulates the release of the neurotransmitters and endorphins that immediately improve focus, boost energy levels, and elevate mood. Here are some suggestions:



## ALLOW YOURSELF TO RECOVER AFTER EXERTION

Whenever possible, actively “cool down” after run-throughs, rehearsals, and performances. This will release the excess adrenaline in your system and dramatically lower the amount of stress and intensity that accumulates in your mind and body over time. It will also greatly enhance your self-regulation skills and give you a chance to practice them.

1. Regain your breath and stabilize your heart rate.
2. Apply your favorite recovery and self-regulation strategies from the previous page. Include some or all of these:
  - **Shake it off like a wet dog**
  - **Gradual equalization of inhalation and exhalation (BALANCED BREATH), gradually extending the exhalation longer than the inhalation (CLEANSING BREATH)**
  - **Butterfly pats**
  - **Breathe and squeeze**
  - **Relax your face, eyes, and tongue**
3. Follow with the slow and extended forward folds, stretches, and spinal twists shown above – breathing deeply into the area of your lungs that is uppermost in the shape.



# MENTAL HEALTH FIRST AID

## MENTAL HEALTH DISTRESS

It is not uncommon to feel stressed and anxious at times over the summer. However, when the tools and techniques we provide aren't doing the trick, it may be time to get additional help.

Here are a few warning signs of mental health distress that you should watch out for in order to get the right assistance ASAP. Please contact Shirley Dorritie or a member of the Health & Wellness team to arrange for a consultation or referral if you notice any of these warning signs:

- Having trouble functioning properly in daily life.
- Feeling very sad, withdrawn or unmotivated (for more than two weeks).
- Overwhelming fear with a racing heart or fast breathing.
- Always feeling worried, stressed out, and anxious.
- Extreme difficulty in concentrating or staying still.
- Having sudden and frequent outbursts of intense anger or distress.
- Socially withdrawing and isolating more and more.
- Feeling disconnected or detached.
- Feeling worthless and extremely guilty almost all the time.
- Experiencing extreme and intense mood swings.
- Drastic changes in your personality, thoughts, hygiene, and behavior.
- Noticing drastic changes in appetite and weight.
- Having trouble sleeping – either sleeping too much or too little.
- Frequently having suicidal or self-harming thoughts.
- Out-of-control or risk-taking behaviors including excessive use of drugs or alcohol.



## MENTAL HEALTH PROVIDERS

**The National Council for Behavioral Health –**  
[www.thenationalcouncil.org/providers/?region=](http://www.thenationalcouncil.org/providers/?region=)  
Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

**Substance Abuse and Mental Health Services Administration –**  
[www.samhsa.gov/find-help](http://www.samhsa.gov/find-help)  
SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location, whether or not they provide services for youth, payment options (private insurance, cash, or something else), languages spoken, etc.

**Therapist Directories –**  
[www.choosingtherapy.com](http://www.choosingtherapy.com)  
[www.psychologytoday.com/us/therapists](http://www.psychologytoday.com/us/therapists)

## MINDFULNESS & MENTAL HEALTH APPS

- [Insight Timer](#)
- [Smiling Mind](#)
- [Healthy Minds Program](#)
- [Ten Percent Happier](#)
- [Headspace](#)
- [The Mindfulness App](#)
- [Calm](#)
- [Welzen](#)

# MENTAL HEALTH FIRST AID

## CRISIS RESOURCES

If you start to feel the warning signs of mental health distress, contact a member of the H&W team immediately, or call 911 or one of the crisis resources below.

### **NATIONAL SUICIDE PREVENTION LIFELINE**

1-800-273-TALK (1-800-273-8255)

- This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7 days/week.

### **CRISIS TEXT LINE**

Text "MHFA" to 741741

- Available 24/7, 365 days a year, helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

### **LIFELINE CRISIS CHAT**

- Chat online with crisis centers around the US.

### **THE TREVOR PROJECT**

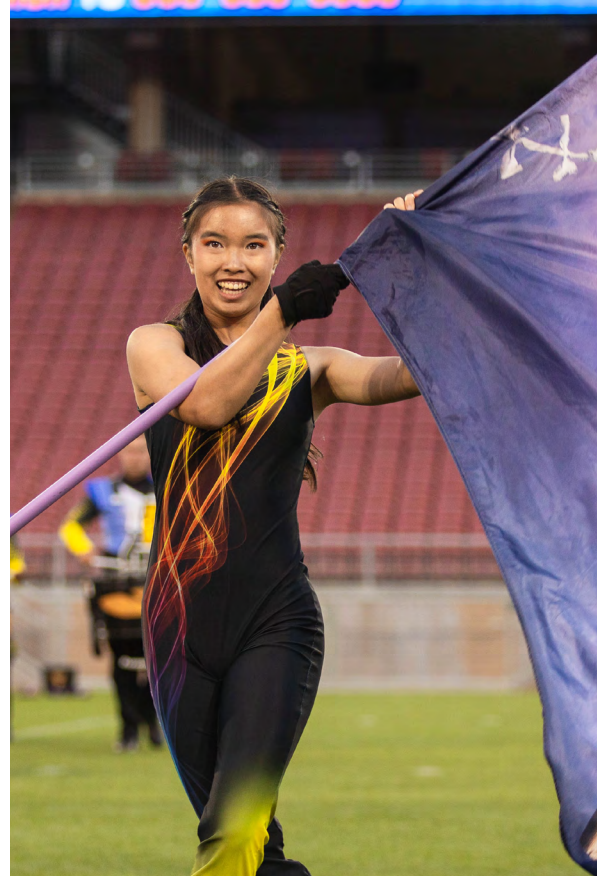
Call 866-488-7386 or Text "START" to 678678

- Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

### **SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION'S (SAMHSA) DISASTER DISTRESS HELPLINE**

Call 1-800-985-5990 or text TalkWithUs to 66746

- SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.



## PROACTIVE AWARENESS OF A LIGHTNING THREAT

Lightning is a deadly hazard and can strike even if rain is not falling. It is imperative that all staff and members know the appropriate locations for safe refuge. Safe refuge is a sturdy, fully enclosed building. Tour buses and vehicles are also safe, and buses can be parked adjacent to rehearsal space in advance if lightning is possible.

Examples of locations that DO NOT meet safe refuge criteria include: food or souvenir trailers, under metal bleachers, ball field dugouts/batting cages, covered bench areas, storage sheds, under a canopy, tent or awning.

A staff person will be responsible for monitoring lightning when thunderstorms are forecast. This person will have the authority to end outdoor activities immediately and move everyone to shelter without delay. Head indoors at the first flash of lightning or clap of thunder, no matter how far away.

Everyone should be INSIDE safe refuge by the time lightning reaches 8 miles from your location. There may be times when first lightning strike occurs within 8 miles. In these instances, everyone should move quickly to safe refuge. Remain in safe refuge until lightning is beyond 8 miles, is moving away from your location, and no additional lightning is moving towards you. Allow 30 minutes to elapse with no lightning within 8 miles before resuming outdoor activities.

## YOUTH PROTECTION POLICY

BD Performing Arts is committed to providing a safe and healthy environment for every constituent who participates in our organization. BDPA takes harassment and misconduct very seriously and has been actively working for many years to put the very best practices in place to ensure the safety and well-being of everyone in our organization. We serve many young people of various ages and backgrounds, and we strive to be very clear about what is, and is not, acceptable behavior.

We have recently reviewed our existing policies and found they were completely relevant, up-to-date, and being enforced to protect our students and staff as completely as possible. Since performing the audit, we have made additional changes and updates to our policies. We are committed to reviewing and updating policies as often as needed to make sure that our organization is as safe as it possibly can be for all of our constituents. [You can download our youth protection policy \*\*HERE\*\*.](#)

## SAFE SPACE POLICY

BD Performing Arts (BDPA) requires the directors, volunteers, staff, employees and members of the BDPA and its affiliates to act ethically, practice honesty and integrity, and comply with all applicable laws, regulations, ordinances and BDPA internal policies.

All members of our organization, including Board members, staff and volunteers, must read and become familiar with these policies and expectations. Members and staff must sign and agree to these policies before they interact with our organization in any significant way. And while it has been our policy for many years to perform background checks on all adults that have contact with our students, we recently instituted a change requiring ALL individuals affiliated with BDPA to undergo background checks.

BDPA hopes that all will feel free to raise concerns with BDPA. BDPA recognizes the need to provide a mechanism for the confidential and anonymous submission of such concerns, to provide BDPA full opportunity to investigate and address potential violations of policy, law or ordinance

## **A – PURPOSE**

Submitting concerns from employees, directors, officers, members and other stakeholders on a confidential and anonymous basis regarding anything against the policies of the organization, including but not limited to:

- Questionable accounting or auditing matters
- Questionable business ethics
- Conflicts of interest
- Acceptance - provision or solicitation of bribes or kickbacks
- Legal or regulatory violations
- Unsafe practices or activities which unnecessarily endanger health or safety
- Bullying or harassment
- Other actions which potentially compromise the integrity of BDPA

Other primary purposes are the receipt, retention and treatment of concerns raised and the protection of individuals raising concerns, and their families, from retaliatory actions.

## **B – REPORTING RESPONSIBILITY**

Every director, volunteer, member and employee of BDPA and its affiliates has an obligation to report issues as listed in Section II above.

Reports shall be made to the BDPA Ethics Committee consisting of Compliance Director and the President of the BDPA's Board of Directors (the "Board"). The Ethics Committee is fully empowered to investigate each reported concern.

To ensure a confidential forum for reporting concerns, complaints and issues, BDPA has established a mechanism on its website, [www.bluedevils.org](http://www.bluedevils.org), and an email address [ethics@bluedevils.org](mailto:ethics@bluedevils.org) to enable anyone to send an anonymous message directed to the Ethics Committee. In addition, reports may be made through the Ethics Line at (925) 359-9479. The Ethics Line is monitored by members of the Ethics Committee. Should a member of the Ethics Committee be potentially involved in the reported issue, such issue shall be reported to any member(s) of the Board.

## **C – INVESTIGATION**

On a case-by-case basis, the Ethics Committee shall determine appropriate action. This may include appointing an ad hoc committee of Board members to investigate, retain outside investigators, counsel and experts as it deems necessary or appropriate to assist with any investigation or any other acts associated with the issues or concerns raised and report the findings of such investigation back to the Ethics Committee, and recommend appropriate corrective action as necessary to the Executive Committee of the Board of Directors.

## **D – RETALIATION**

BDPA will not retaliate, and prohibits retaliation by its directors, volunteers, members, employees and representatives, against anyone who makes a report in good faith under this BDPA Safe Place Policy.

Anyone filing a complaint concerning a violation or suspected violation must be acting in good faith and have reasonable grounds for believing the information disclosed indicates a violation of issues in section II. BDPA reserves the right to act against anyone who makes a report based upon false or misleading information, or without a reasonable basis for believing any wrongdoing has occurred.

## **E – EMPLOYEE RESPONSIBILITIES**

Nothing in this BDPA Safe Place Policy is intended to abrogate any duties BDPA employees owe BDPA, under any applicable laws, regulations or ordinances, to disclose, report violations (or suspected violations) of law or policy, cooperate fully in any investigations, including investigations of harassment, or to fulfill their duty of loyalty to BDPA.

# SUPPORTING BDPA

The strength of any community-based organization is determined by the connection and contribution of the people who comprise it. It is the ever-expanding circle of supportive family members, friends, neighbors, alumni, corporate sponsors, and fans that makes BDPA the one-of-a-kind organization it is!

Performers come from around the world, and their circle of support spans that distance as well. Alumni, parents, family, friends, and fans world-wide purchase media, books, and souvenir clothing at performances and via our online store. Supporters fit and maintain uniforms, and drive and maintain vehicles. This essential volunteer support at events and competitions we sponsor helps BDPA programs to thrive.

Tour fees, prize money, and proceeds from the BD Bingo operation provide only a fraction of the revenue needed to fund BDPA programs each year. As a public charity, BDPA is supported by gifts and grants from individuals, foundations, and corporations. You can find many donation opportunities under the [DONATE](#) tab at [www.bluedevils.org](http://www.bluedevils.org).

## HOW YOU CAN EXPAND OUR CIRCLE OF SUPPORT

Introduce your family, friends, neighbors, employers, and co-workers to BDPA:

- Invite them to a show or open rehearsal.
- Ask them to consider giving BDPA merchandise as gifts.
- Ask them to research if their employers have matching grants or donate funds to non-profit organizations.
- Invite them to volunteer their time for a “behind the scenes” project.
- Ask them to enroll in [AmazonSmile](#) and designate BDPA as their charity.
- Ask them to enroll in eScrip at [escrip.com](http://escrip.com) using the BDPA ID #136588753

## VOLUNTEERING WITH THE BLUE DEVILS

Volunteer involvement is very important. We especially need help in the following areas:

- **Camps** – Volunteers can help at camps in many ways, including helping with the meals that are served from our food trailer. This is a great way to meet other volunteers and members of the corps.
- **Transportation** – While BDPA will be chartering state-of-the-art coaches to transport the performers on tour, we also own several custom vehicles for staff, equipment, and a traveling kitchen. These vehicles need drivers for local shows and the summer tour. Many times, we also need help cleaning and maintaining the equipment. If you know of someone with a commercial license who would be interested in driving, please be sure to let us know.
- **Sewing and Uniform Maintenance** – Great care is taken in fitting a uniform to each individual member. If you know someone who can help with fittings, alterations, and general-maintenance sewing, please let us know.
- **Special Events** – We have many “day of” volunteer needs at our locally-hosted events and performances. If you know someone who would be interested, please let us know.

# SCHOLARSHIPS & CONTINUED EDUCATION

## BDPA SCHOLARSHIPS

BDPA is committed to offering our members quality education. We also emphasize the importance of continuing your formal education. All members who fulfill the requirements of the scholarship guidelines are eligible for the BDPA Scholarship (a \$500 educational expense scholarship awarded to three members). Applications are available any time and must be submitted by June 1.

### Guidelines for the BDPA Scholarship:

1. Dedicated to the pursuit of competitive excellence through the disciplines of the arts.
2. Applicants must have participated in two competitive years in an actively competitive BDPA program prior to January 1 of the application year. Participation is defined as performing in at least one half of a program's competitive shows.
3. The recommendation of the applicant's unit manager is required. The applicant's commitment to the program (attitude, attendance, and other corps support) will be evaluated.
4. The applicant must be in good financial standing and must be current on all fees or dues that are payable to BDPA.
5. Preference will be given to applicants with performing arts majors and longevity in BDPA.
6. Applicants must be in their senior year of high school or already attending a college or university, or a trade school/vocational school specializing in performing arts, and enrolled in at least twelve (12) class units.
7. This information must be submitted by June 30 of the following year or the recipient will not be eligible for the award. Those who fail to meet these criteria will lose the award, but may reapply.

Scholarship(s) granted will be paid by check written to the recipient. The recipient must first provide verification of enrollment in twelve (12) class units as specified in #6 and must also have met the participation requirement as stated in #2.

The scholarship committee is free to award up to three \$500.00 scholarships depending upon the number of qualified applications. The scholarship committee may elect not to award any scholarships if no qualified applications are received.

The scholarship will be granted for one year only. Previous scholarship recipients are not eligible for a second award. All applicants will be notified of the outcome prior to the annual BD Family Day. Announcement of scholarship recipient(s) will be made at the Family Day performance.

## SCHOLARSHIPS OUTSIDE BDPA

There are several scholarships available from outside organizations that you may qualify for, including:

- S.O.M.E Sponsors of Musical Enrichment Jim Ott Scholarship
- DCI Hall of Fame Leadership Scholarship awards
- Fred J. Miller Scholarship
- World Drum Corps Hall of Fame Scholarship

To find out what may be available and how to apply, contact [bdbadmin@bluedevelils.org](mailto:bdbadmin@bluedevelils.org).







[bluedevels.org](http://bluedevels.org)

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