

Stafford County Public Schools

Marching Band Heat and Hydration Statement of Understanding

Dear Student & Parent/Guardian,

Welcome to another marching band season! As the staff prepares for Band Camp, you and your student should prepare as well with the following important information.

Marching Band is a demanding workout and we all must come prepared. Many band students appear for rehearsal unprepared to cope with the stress that heat and marching place on their bodies. For this reason, it is imperative that marchers spend time getting acclimated to the heat and humidity prior to the beginning of band camp.

For our part, the staff will be vigilant in monitoring students for the signs and symptoms of heat illness and providing opportunities to rest. We will incorporate regular fluid breaks to promote proper hydration and will encourage students to speak up if they are feeling bad. Here’s what you can do to help keep your child safe during their marching band experience in Stafford County Public Schools.

HYDRATION – Please be sure to stress the following information to your student and monitor your child’s drinking habits at home. Good preparation for band camp begins BEFORE camp! Increase your fluid intake the week prior to camp and pay close attention to hydration during camp. Remember that water, Powerade, and Gatorade are the drinks of choice. In general, each student should be drinking 20-60 ounces of fluid each night after camp to replenish fluids lost throughout the day. All caffeinated beverages are bad for marchers! Caffeine is a diuretic, causing rapid fluid loss and in turn leading to dehydration. ENERGY DRINKS are particularly bad!!! No marcher should be consuming these due to high amounts of caffeine and sugar. For more information, visit www.gssiweb.com.

NUTRITION – Please provide your son/daughter with well-balanced meals. The best advice is to follow the My Plate Guidelines. You can find more information at the following website: www.choosemyplate.gov. As young men and women, students need the proper fuel to run their bodies. Excess grease and fatty foods will only slow them down and contribute to heat-related illnesses and other injuries.

PROPER REST – Students should get proper rest prior to and during band camp. Encourage you son/daughter to go to bed early. Rest and relaxation allow the body to recharge.

COMMUNICATION – Please feel free to contact the band director at any time concerning the health and well-being of your son/daughter. Should an injury occur, band directors will work with the certified athletic trainers to ensure your son/daughter gets the proper care for any type of injury.

Paying attention to these guidelines will decrease the risk of serious injury and help ensure a healthy marching season.

Please complete and return to your band director prior to the start of band camp. Please retain a copy of this information for your reference.

We are looking forward to a safe and successful season. Should you have any questions or concerns, please contact your Assistant Principal of Athletics and Activities or high school band director.

Sincerely,

Assistant Principals of Athletics and Activities; High School Band Directors

Student Name (Print): Last Name First Name

I have read and understand the information provided regarding the topics of heat, hydration, and proper health care for marching band students.

Student Signature Date

Parent /Guardian Name (Print):

Parent/Guardian Signature: Date:

Please sign and return with other required documents