

Colorado Bandmasters Association

Suggested Guidelines for Student Safety in Marching Band Rehearsals

1. All students should have their own water bottle. Containers with cold water should be made available to students.
2. Water breaks should be built into rehearsal schedules. The frequency of these breaks can vary according to temperature, humidity, rehearsal surface (grass, concrete, black top) and wind. Suggested guidelines are:

90 degrees+	breaks every 15-30 minutes
70-89 degrees	breaks every 30-45 minutes
Under 70 degrees	breaks every 45 -60 minutes

3. Shade canopies should be set up during band camp and extended rehearsals.
4. All directors should have an emergency action plan in place and distributed among all adult staff, boosters, etc. This plan should include:

- Nearest hospital location
- How emergency vehicles access your location
- Location of AED device
- Lightning protocol
- Where students seek shelter when needed
- Active shooter plan
- Contact info for stadium manager, custodian, school nurse
- School administration (Principal, Asst. Principal, AD)

5. All directors and band staff should have emergency medical info, contacts, etc. for every student at hand.
6. Directors and Assistant Directors are required to have taken the NFHS Band Student Safety Course and submit their certificate of completion to CBA. Band staff are encouraged to take this course but are not required by CBA.
7. Directors, Assistant Directors and band staff are encouraged to take courses in first aid and be trained to administer CPR.

