

Colorado Bandmasters Association

2020 Summer Convention

CBA Marching Band Student Safety Clinic

Presented by:

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Resources for Directors and Staff Concerning Marching Band Student Safety

1. NFHS Band Safety Course
2. NFHS Suicide Prevention Course
3. Concussion Training
4. CPR / AED / First Aid Training
5. Position of Trust Training
6. Fingerprinting and Background Check
7. Activity Guidelines Handbook
Acknowledgement Form

NFHS Band Safety Course

(***This course is now REQUIRED by CBA)

Band provides a setting outside of the classroom for participants to showcase their musicianship, creativity, critical thinking, collaboration, and communication skills. In order for these objectives to be met, it is important to provide a safe environment for all participants in Band. To help you provide that safe environment, the NFHS has partnered with Music for all, Bands of America, WGI Sport of the Arts, Drum Corps International, and Varsity Athletic Bands to bring you “Band Safety.” This course addresses heat and other weather concerns, the value of hydration, rest and sleep, hearing protection, and other safety considerations including:

- **Sudden and Severe Weather**
- **Extreme Temperatures**
- **Precautions**
- **Emergencies**
- **Injury Prevention**
- **Equipment Considerations**
- **Travel**

NFHS Suicide Prevention Course

It's widely known that stress, anxiety and depression create challenges for both society and individuals, including interscholastic students. And severe conditions can lead to the worst outcomes, such as suicide. With a focus on wellness, including both physical and psychological, this course highlights causes, strategies and provides helpful resources including:

- **A Wellness Framework**
- **Student Mental Health**
- **Stress and Anxiety**
- **Depression**
- **Suicide Prevention**

Concussion Training

The NFHS has teamed up with the Centers for Disease Control and Prevention (CDC) to educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course highlights the impact of sports-related concussion on athletes, teaches how to recognize a suspected concussion, and provides protocols to manage a suspected concussion with steps to help players return to play safely after a concussion. Each state's requirements for concussion management are included as part of the course.

- **Concussion Overview**
- **The Problem**
- **Your Responsibilities**

CPR / AED / First Aid Training

You can take this course online or in-person (not likely during COVID-19).

In this course, you learn how to perform CPR and use an AED and how to administer First Aid in the event of an emergency.

There is a cost for the online course and that is \$14.95.

Upon completion, you will be certified for 2 years and will only need to renew the training every other year.

Position of Trust Training

My district has had in-person training for this in the past through Children's Hospital; however, there is also a course offered online through Positive Coaching Alliance's website. Positive Coaching Alliance offers 3 different courses seen below. Each course costs \$30.00. My district requires the "Double Goal Coach: Developing Triple Impact Competitors course. Here are the courses offered through the Positive Coaching Alliance Website (click on the below titles for a link to take the class):

Double-Goal Coach®: Coaching for Winning and Life Lessons

Double-Goal Coach®: Culture, Practices and Games

Double-Goal Coach®: Developing Triple-Impact Competitors

Fingerprinting and Background Checks

When a staff member is hired, they are required to report to the District Building where they are able to administer fingerprints and run those fingerprints through a background check. It usually takes them about 10 minutes of their time and the results are generally back the next day.

Another option is to have your staff fill out a fingerprint card and take it to a local Police station or Sheriff's department to have the fingerprints run through a background check. Generally, the cost to do this is less than \$20.

Check with your school district to see what options they have available.

District Activity Guidelines Acknowledgement Form

My District has an Activity Guidelines handbook which every staff member is required to read. After reading the document, they are required to sign the form acknowledging that they have read the document and understand the guidelines presented therein.

District Requirements

As an FYI, here is what Adams 12 School District
Requires to be on staff or a Director of Marching Band:

NFHS Band Safety Course - Yearly

NFHS Suicide Prevention Course - Yearly

Concussion Training - Yearly

CPR / AED / First Aid Training - Every 2 years

Position of Trust Training - Every 2 years

Fingerprinting and Background Check - Once, upon
hiring

Handbook Acknowledgement Form - Once, upon hiring

CBA Recommendations For Student Safety

1. Medical/Emergency Action Plan
2. Water Plan and Breaks
3. Canopy/Shade Availability
4. Snacks and Food
5. Marching Festival Emergency Action
Plan

Medical/ Emergency Action Plan

CBA recommends that Directors and all Staff should have access to a Medical/Emergency Action Plan. It should be distributed to all staff and boosters who are a part of a rehearsal or performance before the season begins. An example of what may be included in the plan could be:

Lightning Plan and Protocols - usually different for each district and should include a location to retreat to and distance of lightning to implement plan.

Severe Weather Plan and Protocols - In the event of severe weather/tornadic activity, there should be a plan in place on where to retreat to for safe shelter.

Cold Weather Plan and Protocols - In the event that the temperature drops below safe temperature guidelines (each district may vary), outdoor activities should be limited or cancelled.

Medical/ Emergency Action Plan Continued

Dangerous Situation Plan and Protocols - In the event of a dangerous situation (i.e. active shooter), there should be shelter-in-place protocols that will need to be followed.

Medical Emergency Plan and Protocols - In the event of a medical emergency, protocols to call 911 and report the emergency to administrators and district officials should be in place. Also, Directors should have QUICK access to student MEDICAL RECORDS and parent contact information in order to inform medical services of the student's medical history or conditions and to inform parents of the situation.

AED Location - All staff should know the nearest location of an AED Device and who will retrieve it in the event of an emergency. All staff should also be trained on how to use the AED device.

Medical/ Emergency Action Plan Continued

Directors/Staff should also be responsible for the following in the event of a medical emergency that requires a student to be transported to the hospital:

- Nearest Hospital Location where student will be transported
- How emergency vehicles access your location/directions
- Name, DOB, and health conditions of student being transported to hospital
- Parents names and phone numbers, and who will be contacting them
- Status of student during time of transport
- Name of person going with the student to the hospital (if applicable)
- Contact info for school nurse and/or trainer
- Contact info for school administrators and district communications/administrators

Water Plan And Water Breaks

CBA recommends the following for your water plan and breaks:

- Students **MUST** understand that they need to hydrate **BEFORE** and **AFTER** rehearsals. It is not enough for a student to show up to practice and think they can start drinking water then.
- Students should have their **OWN** water bottles and **NOT SHARE**
- If possible, provide a way for your students to fill or refill their water bottles. *****NOTE: this is NOT recommended or possible during the time of COVID-19. Students MUST provide their own water and enough water to make it through an ENTIRE rehearsal.**
- Other Questions to ask as you consider your water plan: Who is responsible for water and is it sanitary? How much water will you supply?

Water Plan And Water Breaks Continued

CBA recommends the following concerning Water Break Protocol:

- 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 as follows:
 - 90 degrees+ breaks every 15-30 minutes
 - 70-89 degrees breaks every 30-45 minutes
 - Under 70 degrees breaks every 45 -60 minutes
- Make sure you err on the side of taking more breaks. The hotter it is, the more breaks you should take.

Canopy and Shade Availability

CBA recommends that you provide some sort of shade for students to retreat to during breaks, especially during band camp and extended rehearsals (4+ hours).

Students must get out of the sun during breaks and cool themselves down. It is recommended that you ask section leaders or parents to provide canopies. If not available, canopies may be purchased by your school or boosters. If there is natural shade available around the rehearsal site, then utilize those locations instead of canopies.

Snacks And Food

Students must understand that they have to eat during the day before after school rehearsals. Also, students should eat a healthy meal before any extended practice begins. It is also recommended that students have snacks that they can eat during extended rehearsals and breaks and a way to wash out their mouths before resuming playing their instruments.

Marching Contest Emergency Action Plan

Moving forward, every CBA sanctioned event is **REQUIRED** to submit an Emergency Action Plan to the Chairman of Marching Affairs which should include all emergency scenarios for the location of where the event will be held.

CBA REQUIREMENTS

CBA now requires and recommends the following:

1. The NFHS Band Safety Course is **REQUIRED** to be completed by all Directors and Assistant Directors **EVERY 2 YEARS**. After successful completion of this course, Directors and Assistant Directors must submit their completion certificate to the Chairman of Marching Affairs before August 15th.
2. It is recommended that all staff also complete the band safety course, but is not required by CBA.
3. It is also **HIGHLY RECOMMENDED** that all directors and staff complete the CPR/AED/First Aid training to be better prepared to deal with any medical emergency.

Links

NFHS Band Safety:

<https://nfhslearn.com/courses/band-safety>

NFHS Suicide Prevention:

<https://nfhslearn.com/courses/student-mental-health-and-suicide-prevention>

NFHS Concussion Course:

<https://nfhslearn.com/courses/concussion-in-sports-2>

CPR/AED/First Aid:

<https://www.nationalcprfoundation.com/courses/standard-cpr-aed-first-aid/>

Positive Coaching Alliance Position of Trust Training:

<https://shopping.positivecoach.org/Courses>

Contact Information

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Questions

At this time, we will address any questions that you all have left in the Chat section.