



Physical Safety Guidelines

2018

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The most recent update of this document may be found online at
GoldYouthArts.org/Safety

Concussion Protocol

- In the event of a suspected concussion, the member will immediately be removed from rehearsal/performance and monitored for symptoms of a concussion.
- If signs of a concussion are observed, medical treatment will be immediately sought for the member, and their emergency contacts notified.
- Even if no immediate signs of a concussion are observed, the member will continue to be monitored in the event signs later develop.
- Gold will follow the *Suggested Guidelines for Management of Concussion in Sports* as issued by the National Federation of State High School Associations Sports Medicine Advisory Committee.

Observed signs of a concussion include:

- *Loss of consciousness (even if brief)
- *Seizure
- *Increasing sleepiness
- *Worsening headache
- *Persistent vomiting
- Dazed or stunned appearance
- Confusion about assignment or position
- Forgetful, for example, doesn't follow instructions
- Uncertainty of game, score or opponent
- Clumsy movements
- Slow response to questions
- Mood, behavior or personality changes
- Inability to recall events prior to hit or fall
- Inability to recall events after hit or fall

*Signs identified above with a * and in red will result in an immediate seeking of medical attention.*

Reported signs of a concussion include:

- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Confusion; feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems

Lightning / Severe Weather Policy

- A member of the administrative tour staff will be assigned to monitor weather conditions. This may include usage of weather radio, local media, and mobile device weather applications.
- Suspension and resumption of rehearsal or performance will be at the direction of this member.
- In all circumstances, any direction from local authorities or facility staff will take precedence over the decisions of corps staff.
- In the event of a weather emergency causing suspension of rehearsal, suitable shelter for all personnel will be located, to include:
 - Fully enclosed metal vehicles with windows up.
 - Substantial buildings.
 - The low ground. Seek cover in clumps of bushes.
 - UNSAFE LIGHTNING SHELTER AREAS include all outdoor metal objects like flag poles, fences and gates, high mast light poles, metal bleachers, golf cars, machinery, etc. AVOID trees. AVOID water. AVOID open fields. AVOID the high ground.
- A thirty-minute period shall have elapsed from the last observed lightning or thunder before resuming activities.

Additional Lightning Notes

- Lightning's distance from you is easy to calculate: if you hear thunder, it and the associated lightning are within auditory range... about 6-8 miles away. The distance from Strike A to Strike B also can be 6-8 miles. Ask yourself why you should NOT go to shelter immediately. Of course, different distances to shelter will determine different times to suspend activities. A good lightning safety motto is: "If you can see it (lightning) flee it; if you can hear it (thunder), clear it."
- If you feel your hair standing on end, and/or hear "crackling noises" - you are in lightning's electric field. If caught outside during close-in lightning, immediately remove metal objects (including baseball cap), place your feet together, duck your head, and crouch down low in baseball catcher's stance with hands on knees.
- Wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
- People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply first aid immediately if you are qualified to do so. Get emergency help promptly.

Heat Index & Hydration Policy

- On days expected to be hot/warm and humid days, an administrative or teaching staff member will have the authority to designate additional water breaks and rest periods over what may normally be provided.
 - This person shall familiarize themselves with the DCI issued cheat sheet “*Recognizing the Heat Threat*” and “*Proactive Awareness of a Heat Threat*”.
- On days that are deemed to be under this policy, water breaks shall be permitted at least every 15 to 30 minutes, but may be sooner as decided necessary.
- Staff will allow adequate water breaks on all other days
- Members will be encouraged to keep themselves hydrated at all times.
- **No member shall be denied their opportunity for a water break or rest period for any reason.**
- Members shall be encouraged to avoid sugary or caffeinated beverages whenever possible.

Members shall be encouraged to self-monitor for signs of dehydration, which may include

- Dizziness
- Confusion/Disorientation
- Thirst
- Headache
- Weakness
- Irritability
- Fatigue
- Muscle Cramps