

Safety Guidelines for Extra-Curricular Arts Activities

This document is designed to provide information and direction for Arts Staff members who work with students during strenuous extra-curricular activities such as Marching Band and Dance Rehearsals. The information included has been gathered by Elizabeth Grimes Droessler, Senior Administrator for Arts Education and Claudia Vapraskas, WCPSS School Nurse with assistance from Bobby Guthrie, Senior Administrator for Athletics.

These guidelines should be implemented as the minimum or basic procedure with common sense guiding staff members to enforce to a greater degree.

Hot Weather Guidelines

Precautions must be taken to prevent heat-related problems. The following should be considered when scheduling practice: time of day, intensity level of practice, equipment worn, and environmental conditions. High temperature and high humidity create a dangerous situation for athletes. However, a high humidity and low temperature can cause serious heat related problems.

Water should be made available in unlimited amounts throughout practice. Water/fluid replacement breaks are recommended as follows:

Heat Index below 80 (temperature below 80 and humidity below 90%) = Green

Heat Index 80-100 (temperature 80-85 and humidity below 90%) = Yellow

Heat Index Above 100 (temperature above 85 and humidity below 90%) = Red

WCPSS recommends monitoring weather reports, National Weather Service, Cable TV or OnLine Temperature/Dewpoint/Humidity and Heat Index information. Information is typically determined for conditions at the RDU airport and may be delayed by 1 hour

- Green = conditions comfortable for activity - water replacement every 30-40 minutes
- Yellow = caution - conditions can be hazardous to strenuous activity - careful supervision advised - water replacement every 20-30 minutes
- Red = Hazardous to dangerous conditions exist - Limit activity with water replacement every 10-20 minutes

Heat-related illnesses are predictable and preventable

- Dress properly
- Adjust practices
- Replace fluids

Know the symptoms of Heat-related illness

Muscle cramps, Excessive sweating, Vague Malaise and flu-like symptoms
Tachycardia, Bizarre behavior, Confusion,

Initial treatment of Heat-related illness

Immediate cooling by Ice, Water, Fan, etc.
Follow emergency action plan

Emergency Action Plan

In any emergency, always follow the same approach to caring for the injured or ill participant. As soon as you recognize that an emergency exists, take action.

Follow these emergency action steps:

CHECK the scene for safety; check the injured or ill participant.

CALL 9-1-1 or the local emergency number.

CARE for the participant.

Calling for help is often the *most important* action you can take to help the participant in need of care. Keep a cellular phone or walkie-talkie immediately at hand during all activities.

If the participant is unconscious, call 9-1-1 immediately

Sometimes a conscious participant will tell you not to call EMS personnel, and you may not be sure what to do. Use the following guidelines to assist you in determining the appropriate response.

<p>Always CALL EMS personnel:</p> <ul style="list-style-type: none">• Is or becomes unconscious• Is confused• Has breathing difficulty• Is not breathing or has no pulse• Has persistent chest pain• Is bleeding severely• Has pressure or pain in the abdomen that does not go away• Is vomiting or passing blood in the urine or feces• Has a seizure, severe headache, or slurred speech• Appears to have been poisoned• Has injuries to the head, neck, or back• Has possible broken bones• Has severe burns.	<p>Also CALL 9-1-1 for any of the following</p> <ul style="list-style-type: none">• Fire or explosion• Downed electrical wires• Swiftly moving or rapidly rising water• Presence of poisonous gas• Vehicle collisions• Participants who cannot be moved easily
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First Aid Kit

Be prepared for an emergency. Keep a first aid kit nearby during all activities. Whenever possible, have a second kit for multiple injury situations.

A basic first aid kit should include the following:

- Adhesive bandages with gauze pads - assorted sizes
- Antiseptic towelettes
- Arm sling
- Bandage scissors
- Butterfly closures
- Cotton Swabs
- Elastic tape
- Emergency blanket
- Flashlight & batteries
- Roller gauze
- Safety pins
- Thermometer
- Tweezers

Do Not Include: Medications of any kind (over the counter or prescription)