



THE BLUE DEVILS
2026 PARTICIPANT HANDBOOK

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BD PERFORMING ARTS OVERVIEW



MISSION

BD Performing Arts permanently enriches the lives of young people through a commitment to youth development and performance excellence, while providing enjoyment for our local community and audiences worldwide.

Music and the performing arts connect youth with their culture through a common language crossing generational, social, and racial barriers. The activities that young people pursue influence the type of people they become. The experience that comes with participation in a performing arts organization builds discipline, character, pride, and self-confidence at a crucial age and forms the springboard to even greater achievements in adulthood.

VISION

To be the global leader and innovator in youth development through music and performing arts.

CORE VALUES

Our Core Values represent what is important to us and direct everything we do in pursuit of our Vision and Mission.

- ***Innovative Excellence*** – We strive to achieve excellence through embracing innovation in every aspect of our programs, initiatives, services, products, and operations.
- ***Entrepreneurial*** – We approach all challenges and opportunities with an entrepreneurial spirit, thoughtfully taking risks to achieve our vision and mission.
- ***Student Focus*** – We have a relentless focus on students which results in enriching the lives of young people.
- ***Leadership*** – As an organization and as individuals, we promote, foster, and recognize leadership as key to achieving our mission.
- ***Global Citizenship*** – We embrace our role as global citizens by demonstrating social responsibility and ethical behavior across all our activities.
- ***Principles*** – We live by a set of Principles that guide our conduct and behavior.

BD PERFORMING ARTS OVERVIEW

PRINCIPLES

Our Principles guide our conduct and behavior. They are one of our Core Values and are the foundation for realizing our Vision and Mission.

- **Do the right thing** – We are committed to doing the right thing as an organization and as individuals. Integrity drives ethical behavior and is critical to our enduring global reputation.
- **Take care of our people** – As a family, we take care of our people regardless of role in the organization. Health and wellness is fundamental to achieving excellence in everything we do. Safety and security of all constituents is foundational to health and wellness.
- **Be respectful** – Respecting others fosters dignity, self-esteem, and collaboration – which are critical to our mission. Respect applies to people, cultures, laws, and customs across our global activities. Attitudes, manners, and language that promote a positive, creative environment are important to healthy relationships and to achieving our vision and mission.
- **Be inclusive** – BDPA is committed to providing an inclusive environment for all. We embrace diversity and promote inclusion among members, staff, volunteers, and the community. Should these standards not be met, corrective action will be taken to ensure equity for all.

It takes the support, commitment, and hard work of a vast number of people to make The Blue Devils happen on daily basis. There are two essential habits that are fundamental to all of us succeeding as a team. They are...

Starting a request with “Please” and going out of your way to say “Thank you!”

CONTACT INFORMATION

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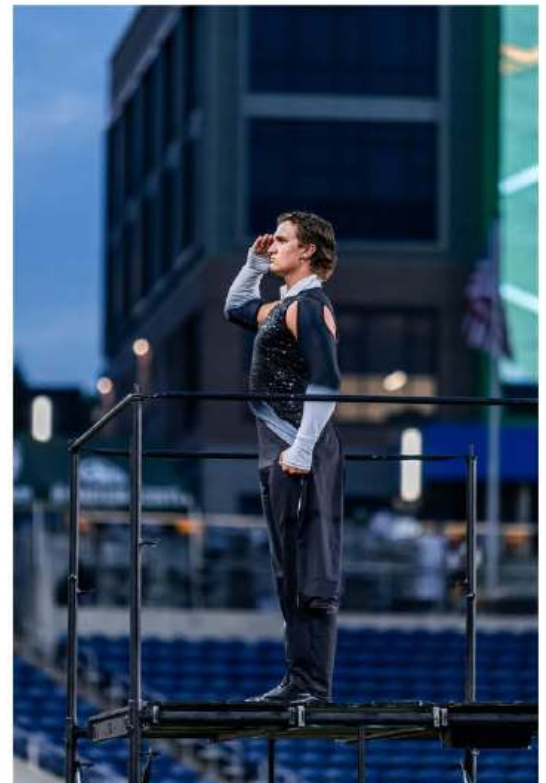
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Full staff directory is available at bluedevils.org.

BD PERFORMING ARTS HISTORY



In 1957 Bill Martin resigned as manager of the The Martinettes (an all boy drum corps and girl drill team). Ann and Tony Odello and the Concord branch of the V.F.W. acquired the unit and founded the Blue Devils (named “Blue” for the V.F.W. color and “Devils” after Concord’s local land mark, Mt. Diablo). Starting with less that 50 young members, the organization began as an all-boy “Drum Corps” unit with only percussion instruments, and a separate all-girl marching team.

In 1958, the Blue Devils added glockenspiels (bells) to their percussion line (becoming a Drum and Bell Corps) and spun the Majorettes (baton twirlers) off as an independent unit of the organization. The Drum and Bell Corps continued to provide the Majorettes with musical accompaniment during parades and shows. Both units achieved early success in competitive field show events and city parades. In 1961, a Color Guard (flag section) was added to the unit which competed in the State Junior division. The Junior Drum and Bell Corps - a mix of boys and girls - had a remarkable record; going undefeated in the California State Championships from 1957 to 1970.

Mr. Tony Odello resigned as manager of the Bell corps in 1964 and Jerry Seawright assumed manager duties.

In 1968, a third unit was added to the Blue Devils when the original Junior Drum and Bell Corps elected to compete as a Senior unit and a new Junior Corps was established. All of these units did so well that in the late 1960’s, the Senior Drum and Bell Corps decided to make the transition to a full Drum and Bugle Corps.

In 1970, the Blue Devils recruited 10 brass players, who joined the talented percussion line and Color Guard from the Bell Corps. On February 14, 1971, the Blue Devils attended their first “standstill” competition in Downey, California. By the spring of 1972 the Drum and Bugle Corps had grown in size to more than 70 members and traveled on their first summer tour to compete with groups in the Pacific Northwest. The Corps did very well and changed their category from “B” to “A” status that same year.



The Blue Devils Drum and Bugle Corps first toured on a national level in 1973, competing with hundreds of other organizations across the nation in Whitewater, Wisconsin. By placing a very respectable 23rd in the Whitewater “National” competition, the Blue Devils A Corps gained associate membership in prestigious Drum Corps International association (a status given to only the top 25 national groups.) Also during 1973, the Junior Drum and Bell Corps was converted to a B Bugle Corps, and an even younger-aged C Bugle Corps was established.

In 1974, the older A Corps earned a full DCI membership by their 9th place finish at the DCI Championships in Ithaca, New York. That year the Twirling Corps continued to grow and attended their first U.S. Twirling Association (USTA) National Championships in San Francisco. The Twirlers were 40 members strong at the time and were accompanied at this competition by the B Bugle Corps.

In 1975 the A Corps made a tremendous jump to 3rd place at the DCI Championships in Philadelphia, Pennsylvania. In 1976, the A Corps won their first Drum Corps International Championship, sweeping all categories. Since 1975 the Blue Devils have never finished out of the top five and have won the DCI World Championship title in 1976, 1977, 1979, 1980, 1982, 1986, 1994, 1996, 1997, 1999, 2003, 2007, 2009, 2010, 2012, 2014, 2015, 2017, 2019, 2022, and 2023. The Blue Devils’ record of 21 DCI championships stands as an envied accomplishment in the drum corps activity. Adding to their impressive record setting DCI world championships, the Blue Devils in 2005 won the prestigious World Music Contest in Kerkrade, Holland.

BD PERFORMING ARTS HISTORY

In 1983 the corps attended the “21st Century Celebration” in Osaka, Japan. In 1988, the percussion section was featured as the centerpiece of a week-long schedule of performances at Japan’s Mitsui Greenland, and in the spring of that year, the Blue Devils Winter Guard traveled to the Netherlands. In 1992, the corps traveled to Nice, France, for “Carnaval”, and to the Netherlands for clinics and performances. The corps returned to Japan in the fall of 1996 for a ten-day tour of field shows, parades, theatre performances, and clinics. 2000 saw the Blue Devils’ thrilling return to Europe with a 3-week tour appearing in Germany, Holland, Belgium, and France. In 2002, a 38-member ensemble was the guest of the city of Okayama, Japan, providing a series of performances and clinics for Japanese elementary, intermediate, and high school students as part of the “Marching in Okayama” music festival. A 58-member ensemble of the Blue Devils returned to Japan in the fall of 2003 for an encore tour. The Blue Devils returned to Europe in the summer of 2005, where they toured for 3 weeks culminating with a World Championship at the “World Music Contest” in Kerkrade, Holland. In October 2005, 14 members of the Blue Devils percussion section traveled to Seoul, South Korea to participate in three performances at the Seoul Drum Festival hosted by the Seoul Metropolitan Government and organized by the Sejong Cultural Center. In October 2007, a select ensemble of the Blue Devils consisting of 24 brass players, 12 percussionists and 1 Drum Major returned to the Marching In Okayama Festival in Japan for the third time to participate in the 20th Annual Marching in Okayama Festival. In December 2011, 30 Blue Devil members and staff participated as featured clinicians in the International Band Camp in Kuala Lumpur, Malaysia. In September of 2012, 93 Blue Devil members and staff traveled to Guatemala City to perform a concert to close out the Guatemala Marching Band Championships. In December of 2013, 25 Blue Devil alumni and staff traveled to Taoyuan County, Taiwan to have a clinic and perform a concert as featured performers of the Taoyuan Band Festival. 2015 saw the beginning of BD International, a group made up of recent performers of the world champion Blue Devils as well as eight other world class corps throughout the United States. The first BD International tour travelled to The Netherlands, United Kingdom, Italy, and Switzerland. December of 2025 saw a group of Color Guard performers present an Educational Experience in Thailand. In 2026 BDI will return to Europe with 100 performers and perform at the prestigious World Music Contest and Basel Tattoo.

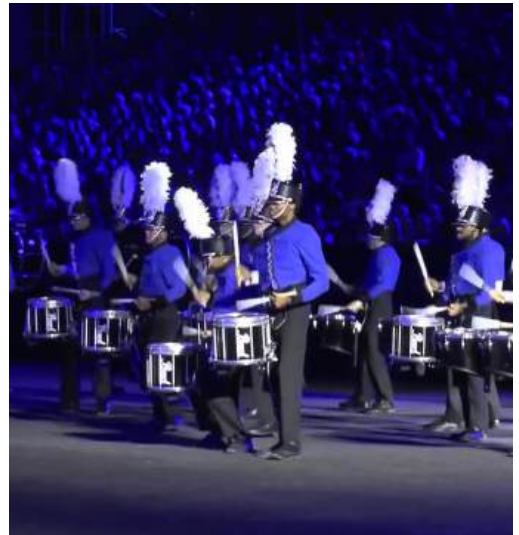
Read more about [BD International](#) and [One Music One World](#) at bluedevelops.org.

The Blue Devils have also provided unique opportunities to their fans and members by offering performances and clinics with great artists in the musical world. They have been featured in concert with Maynard Ferguson, Bobby Shew, Chuck Mangione, Stan Kenton, and Buddy Rich. Clinic performances spotlighting the Blue Devils have featured Ralph Humphrey, Dave Weckl, Steve Houghton, Peter Erskine, Bob Montgomery, David Garibaldi, and many others. Musical selections from these great artist have been highlights of Blue Devils repertoires over the years.

OFF THE FIELD

In 1997, the opportunity to perform in an intimate theater environment motivated the Blue Devils to create their “On Stage” series. The premiere production, “Exaltation,” combined the intimacy of the theater with the power and exhilaration of the field performances. 1998 saw an expansion of performance opportunities with the creation of “Exubero” which was performed to full capacity audiences in Denver, San Antonio, Ypsilanti, and at Disney’s EPCOT American Amphitheater. In 1999, audiences in Chicago, Indianapolis, Cincinnati, Denver, San Antonio, and Madison were treated to the exciting “{Jazz} Man in the Moon.” The 2000 On Stage production was the centerpiece of the Blue Devils European tour.

The Blue Devils have broadened their entertainment horizons and formed BDEntertainment as an off-shoot of the Blue Devils to provide pageantry entertainment to a variety of clients. BDEntertainment offers site-specific entertainment for corporate events, sales and motivational meetings, trade shows and special events. BDEntertainment has exceeded all expectations and projections having employed some of the finest performers and creatives in the country. Read more at bdentertainment.com.



OUR LEGACY OF EXCELLENCE ON & OFF THE COMPETITIVE FIELD



While the most visible aspects of The Blue Devils' legacy of excellence are the outstanding performances that have earned multiple DCI World championships, the true legacy of excellence is based on what takes place behind the scenes. This legacy requires all members of The Blue Devils to quickly develop a set of very special skills.

As the great major league baseball pitcher Dave Stewart says, *"You make it to the big league because of your physical skill. You have a great career in the big league when your mental skill catches up with your physical skill."* We want you to have a great career in "Marching Music's Major League" and beyond!

In addition to the talent and expertise you've already developed, as a performing member you'll need to adapt to and master:

– Your personal responsibility and accountability for abiding by The Blue Devils' code of conduct, travel, sleep/rest, rehearsal, performance, Health & Wellness, and all other training protocols.

All of our protocols, rules, and guidelines have been **repeatedly proven** to achieve the highest level of performance while allowing for as much personal freedom as possible. We set the same standard for the quality of your conduct as we set for the quality of your rehearsal and performance. We expect you to take an adult approach to meeting all of your responsibilities.

– An intense rehearsal schedule that includes developing your physical and mental strength and stamina while also learning the competitive program — all in a very short period of time.

– The Blue Devils' unique approach to rehearsal, learning and developing new material, and building exceptional concentration, focus, and stress management skills.

You will encounter a broad range of techniques designed to build those skills, including individual and small ensemble demonstration and performance situations.

– Communal life "on the road"; including over 82 days covering thousands of miles, rehearsing up to 12 hours a day, living in buses, gymnasiums, and locker rooms, and eating meals from a food truck, with over 225 other people.

While showers, meals, and breaks are scheduled in shifts in order to provide as much privacy as possible, it is imperative that you manage your time in order to accommodate that schedule.

– Many days that require you to travel, learn and rehearse new material, perform it that evening, and then get back on the bus for an all-night drive.

– Taking personal responsibility for your own health and well-being while adapting to a constantly changing environment, travel, sleep, rehearsal, and performance schedule.

This requires you to both make best use of our Health & Wellness program and have a solid understanding of the physical and mental health and wellness information and protocols included in this handbook.

– The ability to work in a very intense and high expectations environment with the best staff in the world pushing you to elevate to these state of the art standards.

GENERAL POLICIES

BLUEDEVILS.ORG & THE BD APP

You can access your personal account, the rehearsal and performance schedule, and full information on all of the BDPA programs at www.bluedevils.org. If you are an IOS user, you can also download our app from the app store.

You can see the status of all your form requirements and pay current or outstanding fees from your account page at www.bluedevils.org. You can [access your account](#) by signing in using the email address we have on file. If you need a new password, follow the **“Forgot your password?”** link. A new password will be sent to the email address we have on file.

Please remember to keep your contact information (email, phone, address) up to date. You may miss important announcements if your information is not accurate!



FORMS & REQUIREMENTS

You will be required to acknowledge and sign a number of agreements, releases, and documentation. These include:

- BDPA Member Agreement
- Financial Agreement
- Emergency Medical Release & Liability Waiver
- Health & Wellness Consent
- Code of Conduct Policy
- Vaccination & Disease Waiver
- Participant Due Diligence Form
- Physical Examination form filled out by your doctor
- Physical Evaluation Questionnaire filled out by participant
- The requisite visas, work permits and/or memberships required to fulfill all obligations to BDPA
- A valid birth certificate or required documentation that verifies your age as required by BDPA and DCI
- Acknowledgement that you have thoroughly read this handbook



GENERAL POLICIES

BDPA PARTICIPANTS DUE DILIGENCE

BDPA uses a due diligence form filled out by you to gather pertinent information regarding the prior conduct before your participation in our program. At a minimum, each participant is required to answer questions on the BDPA Participants Due Diligence form before you can practice or perform. If you answer “Yes” to any of the questions you will be required to submit a detailed explanation and meet with Corps Director.

PARTICIPATION FEES

BDPA provides members with professional instruction, instruments, uniforms, transportation, practice facilities, and all food at camps and on tour. Meeting these operational expenses requires extensive funding. Your fees only partially cover these expenses. We budget your fees as revenue, so if they are not received, the organization has a financial deficit.

Meeting your financial responsibility is crucial to the viability of the organization. You will be required to pay BDPA a **non-refundable** deposit immediately upon your acceptance as a performing member. Thereafter, you will be required to pay the participation fee in the installments defined on the payment/fee sheet you will receive when you are accepted for membership.

There are two options for paying your fees:

- You can save 11% with the Early Discount Option if you pay your fees in full by Jan. 31
- Alternatively, you can use the installment plan designated for your section. There is a fee of \$200 for each installment that is paid late.

\$500 per camp is non-refundable. The total fee is non-refundable after May 1. If you anticipate having any problems meeting your obligations, contact the corps director immediately. **Please don't wait until after the payment deadline.**



PARTICIPATION IN OTHER PROGRAMS

You must have no outstanding financial obligations to any other performing arts organization, and you acknowledge that all financial obligations to BDPA must be paid in full before you may participate in the programs of any other performing arts organization.

You must be in good standing with, and eligible to return to, all other performing arts organizations with which you have participated prior to applying for membership in BDPA. If you are not eligible to return for any reason, you understand and agree that you must discuss this situation with the Director of The Blue Devils prior to participating in any BDPA rehearsal or performance.

SPONSORSHIPS

Non-Tax-Deductible “Performer Sponsorship”

- Donations under this program are NOT tax deductible. 100% of the sponsorship is credited directly to the specified performer.

We encourage you to generate your own letters to potential sponsors. This allows you to tailor the letter to your individual needs and to whom you are soliciting for sponsorship. If you need guidelines or suggestions, please contact admin@bluedevils.org.

PROHIBITED CONDUCT

The staff and management will hold all members to a high standard regarding how they act, interact, and participate. **This is a summary of information in BDPA's Code of Conduct document. Please read the complete Code of Conduct policies later in this handbook for more detailed information.** By participating, you agree to abide by the following conditions of membership

Physical, Emotional, and Sexual Misconduct: As described in our Code of Conduct policy, BDPA prohibits physical, emotional, or sexual misconduct - which includes harassment, non-consensual conduct, and/or contact (sexual assault), sexual exploitation, exploitation, and stalking. It is understood that unwelcome language, actions, and sexual advances are inappropriate and unacceptable. The organization will take all necessary and appropriate steps to ensure that is the case.

Hazing and Bullying: As described in our Code of Conduct policy, Hazing and Bullying have no place in this organization and are not tolerated. "Initiation" type activities that can be perceived as a form of hazing are also prohibited and may not be included as part of any BDPA procedure/event. If you see someone being bullied or feel that hazing is taking place, stop it and report it. Please review section 4 for more detailed information. This is a place where everyone can feel safe, regardless of age, gender, or orientation, and the organization will take all necessary and appropriate steps to ensure that is the case. Please treat everyone with respect.

Drugs and Marijuana: At BDPA, we are 100% drug and marijuana free - At practices, school facilities, dorms, hotels, on the bus, and at camps. There is no tolerance for use or possession of any type of non-prescribed, behavior altering drug while at rehearsal, during a camp, or during any portion of participation in the program. Additionally, attending a rehearsal under the influence is not tolerated. All prescription drugs must be disclosed to the appropriate supervisor for the activity, camp, or method of transportation and may be subject to written confirmation from a medical provider and guardian. Medication needed during out-of-town events must be disclosed in writing 48 hours prior to departure and its use, transportation and storage must comply with BDPA Medication Protocols.

Alcohol: If you are under 21, at no time, in any situation, is the use or possession of alcohol allowed. For Participants over 21, we may allow alcohol to be consumed, responsibly, for a certain period only when the program director determines that it is appropriate for over 21-year-olds to consume alcohol. This will be on special and infrequent "time off" occasions limited only to Participants over 21, and will be announced ahead of time. At no time, under any circumstance, is arriving to or participating in BDPA activities under the influence acceptable or allowed.

Smoking/Vaping: Smoking and vaping are not permitted at any camp, rehearsal, or on tour. This includes, but is not limited to, school grounds, facilities we use, buses, around our vehicles, in uniform, or during meetings. Please note that it is illegal under federal law to smoke or vape on K-12 school grounds. Additionally, state and local regulations may impose further restrictions. All individuals are expected to comply with these laws and our organization's standards.

Language: Profanity is highly discouraged at BDPA functions, whether you are in or out of uniform. Be mindful that you are always a representative of the organization. It is expected that you be thoughtful and considerate in how to speak to one another.

Stealing: Stealing is illegal and not tolerated. This includes taking items from another person that do not belong to you as well as taking items from any facility in which we practice or are housed.

Weapons: Dangerous weapons of any kind are strictly prohibited, including but not limited to firearms of any type, knives over 2/12 inches, stun guns, tasers, nunchakus, and explosives.

YOUR EQUIPMENT & UNIFORM



WHAT WE PROVIDE

BDPA will provide you with your instruments and equipment, some rehearsal and warm-up apparel, and your uniform. You will be responsible for providing personal undergarments for your uniform and any other personal items such as wraps and/or braces, make-up, hair products, etc. You shall be financially responsible for all necessary repairs and/or replacement of equipment, apparel, and other BDPA property that result from your careless or negligent use of these items.

CAMPS

CAMP ATTENDANCE

You can find a monthly layout of the full schedule, including camps, under the **CALENDAR** tab at www.bluedevils.org. The audition process will include a consultation with the staff on which camps you will be required to attend.

If there is a school conflict with a Blue Devils rehearsal, the school function is the first priority.

Please let the appropriate staff member know if you have a problem with fulfilling this commitment.



CAMP PRACTICE FACILITIES

We are very fortunate to have excellent practice facilities and have developed a strong, long-term relationship with all the properties we use.

- Leave facilities better than you found them.
- Do not write on whiteboards, drum on tables, or throw garbage on the ground. *Always use designated trash cans for trash!*
- All chairs, desks, etc. should be returned to their original positions.



CAMP HOUSING & FOOD

You are responsible for your own housing and transportation for camps. There will be times the corps helps with some meals or final destination transportation, which we will communicate to you ahead of time. You should bring spending money for your trips.

PRE-TOUR REHEARSALS

THE UNIVERSITY OF WYOMING & PRE-TOUR

We will be using the great facilities at the University of Wyoming in Laramie for our pre-tour rehearsals and once you arrive all meals and dorms are provided at no additional fee. We will begin our full tour directly from Laramie.

You can take a video tour of the University of Wyoming Residence Hall, Dining Center, and Athletic Complex at www.uwyo.edu.

There are 2 very important facts about the university's location that you'll need to plan for:

1. The elevation is over 7220 feet.
2. Temperatures can range from the high 30s to the high 70s during the time we'll be there.

GETTING TO LARAMIE

You will need to provide your own transportation to Laramie. We will be providing rides to/from the University from Denver International Airport and Laramie Regional Airport. You will receive arrival date and time windows in the spring.

DORM & HOTEL POLICIES

These guidelines apply for Laramie and whenever we stay in dorms or hotels:

- You will be assigned a room with a roommate(s) and given a key pass which must be returned or you'll be charged a fee.
- DO NOT change rooms without permission from a member of the management team.
- You must be in your own room at the designated times – no exceptions.
- At no time can an individual staff person be in your room.
- No alcohol or drugs of any kind are allowed in ANY facility or room.
- No sexual activity is permitted at any time.
- Please keep doors shut completely and locked at hotels and dorms for security purposes.
- Please be courteous and polite to any other guests staying on campus or in the hotel.
- Dorms – one person in one bed.
- Hotels – When there are three people in a room with 2 beds, we encourage one person in each bed and the third person in a sleeping bag on the floor.



WHAT TO EXPECT IN LARAMIE

The pre-tour rehearsals in Laramie are designed to accomplish a massive amount of work in a very short period of time. This is where the early draft of the competitive program is developed and learned. It is also where you will be adjusting and refining your technique, and increasing your skill, strength, and stamina. You will be adjusting to the methods, intensity, and duration of Blue Devils rehearsals. You will be coming together as a corps, getting to know one another and forming the connections that will serve as the foundation for the rest of the season. And you will be learning how to monitor and take care of your health and well-being under an intense schedule.

3 meals per day are provided at the University of Wyoming Cafeteria. Please pay attention to the cafeteria opening and closing schedule. Be sure to clean up your tables and take your trays/garbage to the appropriate areas.

A TYPICAL PRE-TOUR REHEARSAL DAY

- 7:00 AM – Cafeteria opens
- 8:30 AM – Rehearsal begins
- 12:00 PM – Lunch
- 1:30 PM – Rehearsal
- 5:00 PM – Dinner
- 6:30 PM – Rehearsal
- 10:00 PM – Rehearsal ends
- 11:30 PM – In dorm rooms

THE SUMMER SEASON

LIFE ON TOUR

This year's tour will require us to travel thousands of miles as efficiently and safely as possible. The tour schedule is posted under the **CALENDAR** tab at www.bluedevils.org.

As the summer approaches, we will provide you with more specific information about how we approach our tours. Below are a few general things to keep in mind.

ELECTRONIC DEVICES

The use of electronic devices, including mobile devices such as mobile phones and tablets, is to conduct program-related functions or to conduct reasonable personal use, including personal communication and recreation.

Devices may not be used at any time to:

- Store or transmit illicit materials, including but not limited to nude and/or suggestive photography or video
- Transmit the proprietary information of BDPA to third parties without permission
- Violate any BDPA policy, including but not limited to any form of Harassment or Abuse, Hazing, Inclusion policies.
- Violate any local, state, or federal law or statute including the rules and policies of local schools and school districts

PROPER ATTIRE

Proper clothing for all activities is required. Everyone should be fully clothed when leaving the locker rooms, arriving to or departing from any rehearsal area, and while around or in line at the food truck.

During rehearsal, some cities/facilities require us to remain fully clothed or at least keep on a shirt that covers both the torso and shoulders. Always check whether being shirtless is permissible.

“LIGHTS OUT”

Sleep and rest are critical to staying healthy and performing at your best. Because we will cover many of our travel miles during night drives, maximizing the time spent in horizontal sleep is of great importance. The following guidelines apply in Laramie and throughout the summer. Please develop a routine to follow them as soon as you arrive:

- Take care of all of your personal needs well before the designated “lights out” time.
- When lights are out, be considerate and keep the sleeping facilities quiet.
- Please make sure that you are in the sleeping facility and in your own sleeping bag, when lights are out. Our policy is one person, one sleeping bag, one space.
- Leave fire lanes in sleeping areas, clear path down the middle and to all doors
- The gym will be separated into male and female areas

If you wake up before lights are on, be considerate of those who are still sleeping. If you must get up, do so quietly so as not to wake those still asleep.

SHOWERS & LOCKER ROOMS

Our policy is to respect privacy whenever possible when participants are changing clothes or taking showers, understanding that most facilities do not have separate adult and participant locker rooms. Phones should either be left outside the facilities or left in a bag and turned off. Shower facilities will have clear signage. A schedule for male, female, third option, and staff will be announced and posted daily. BDPA does not discriminate, and every effort will be made to accommodate all needs when it comes to hygiene and privacy. If you have any questions or requests, please consult with the director or manager on-site.

THE SUMMER SEASON

DEVILS' FOOD & MEALS

We recommend that you eat meals that are provided rather than UberEats, etc. Please follow these guidelines:

- Please use the hand washing station, using soap and water, to wash your hands prior to meals/snacks
- Please use the trash cans provided. Do not leave food, plates, cups, etc. unattended.
- Take as much as you can eat – but please eat all that you take. Do not waste food.
- Those with dietary allergies (diagnosed by a physician) or dietary restriction requirements please contact the Brian Murphy bmurphy@bluedevils.org, to assure dietary needs are accounted for during camps and throughout the season.
- Dietary restrictions must be declared with the Director of Sports Nutrition no later than April Camp



HYDRATION

Water and Gatorade will be available at Devil's Food and at the rehearsal areas. A minimum of a 1 gallon water container is mandatory. It is imperative that you make time to fill your personal container prior to every rehearsal.

CARE OF OUR FACILITIES

We are very fortunate to have excellent facilities and have developed a strong, long-term relationship with all of them. These properties must serve as both our base of operations and our "home away from home" for over 225 people at a time. As such, they need to be treated with care. Please follow these guidelines:

- NO FOOD IN THE GYM – particularly where hot climates attract ants, cockroaches, etc.
- Please clean up any spills immediately.
- Please clean as you go, so that leaving the facility is quick and efficient. This includes any rehearsal facilities used on the campus.
- Use the trash cans around the food truck to dispose of your own trash and litter.
- Do not write on whiteboards, drum on tables, etc. All chairs, desks, etc. should be returned to their original position.
- Sections will be assigned by the leadership to clean the facilities. We will not leave any facility until it is clean and in better condition than when we arrived.
- Do not roll any wheels on gym, please pick up and carry.
- Do not climb closed bleachers.

WHAT TO BRING ON TOUR

Space limitations on our buses mean that there are limits to the number and size of the luggage, sleeping bags/foam pads/etc. you can bring. Please follow these guidelines: mark all belongings (clothes, towels, etc.) with your name, carry only a minimum of cash with you, and remember that all areas of our facilities are not watched at all times. Loss of any personal electronic devices, etc. is your responsibility. The corps assumes no liability for such losses.

Please review the list on the following page which highlights the essential items you will want to have with you while on tour!

THE SUMMER SEASON

TRAVEL

- 1 regular size suitcase
- (no extra-large suitcases)
- 1 overnight bag or backpack
- Sleeping bag and optional air mattress or foam pad. These need to be rolled up together and be a reasonable size
- Do NOT bring cots
- Pillow
- Covering for the bus seat and seat back
- Bungee cords for bus

HYGIENE AND SHOWERING

- Towels and washcloths
- (more than 1 set helpful)
- Shower sandals
- Gold Bond powder, Bio-Freeze or Bodyglide to address skin irritations
- Loofah/Body Scrub
- Shampoo and conditioner
- Soap
- Deodorant
- Toothbrush and paste
- Mouthwash
- Tweezers and nail clippers
- Comb and brush
- Lotion/Aloe/Cleanser
- Tampons and pads
- Shaving cream and razor
- Wet Wipes – Disinfections wipes

REHEARSAL

- Bandana/buff and at least two hats***
- Rain protection & layers to keep you warm
- 2 pairs of supportive rehearsal shoes***
- [SuperFeet](#) shoe inserts***
- [Compression socks](#) for bus rides & after rehearsal***
- 1-gallon personal water jug***
- Sunscreen
- Bug spray
- All braces, wraps, etc. for pre-existing injuries/conditions
- All rehearsal gear and equipment
- Sunglasses
- SPF Lip Balm
- Earplugs
- Watch: FitBit, Apple Watch, standard digital watch
- Gear and equipment (Section Specific) gloves, tools, sticks, mallets, valve oil, tape

PERFORMANCE

- Black socks (recommend several pair) and undergarments for your uniform
- Additional uniform/costuming needs (make-up, hair, etc.) designated by the staff
- Black tank tops
- Hairspray and hair pins
- Hairbrush and comb
- Make up and wipes
- Tide stain remover
- Shoe polish

CLOTHING

- Underwear (recommend several sets)
- Practice clothes
- Casual clothes
- 1 dressier set of clothes (for FREE DAYS!)
- Bag for dirty clothes
- Quarters for laundry
- Detergent
- Dryer sheets

OTHER

- Glasses and contacts
- Cooling cloth
- Massage roller or gun
- Phone charger
- External portable charger
- Blue tooth headphones
- Batteries
- Scissors and tape
- Trash bags for garbage and for rain
- Identification card
- Band-Aids
- Journal
- All medications (over the counter/prescribed), that you'll need, along with prescriptions***
The H & W team won't have any medications available! Pending any allergies, the following over-the-counter medications are recommended: Ibuprofen, Tylenol, allergy medication, Dayquil/NyQuil, and Benadryl
- No boxes, bicycles, etc. are to be brought on tour with the intention of dropping them off with friends/relatives along the way. There is not sufficient space to provide this service

*****Please read the Health & Wellness recommendations for details on these items.**

THE SUMMER SEASON



ON THE BUS

BDPA charters buses for our travel, therefore we must abide by the charter company's rules as well as those developed over the years by our dedicated drivers. Please follow these important guidelines — failure to adhere to them WILL result in disciplinary action.

- Each bus will have a captain, and that person will have specific information on departure times, show preparation times, etc. Please follow their instructions.
- Keeping travel time to a minimum and sleep time to a maximum is an important priority. Therefore, it's important to keep rest stops to a minimum. You'll be given a specific amount of time per stop.
- **DO NOT JUMP ON THE SEATS OR WALK ON THE ARMRESTS!**
- Do not place any items in air conditioning or vent holes.
- Do not open, activate, or pull down any emergency window releases except in the case of fire or accident. The air conditioning system works much better if all the windows are closed while the bus is running.
- The restrooms are not to be used at any time – they have been secured for several important reasons. The person(s) who sit in the back of the bus are responsible for the restrooms being closed at all times.
- No object which could cause damage to the vehicle or injury to any person is to be tossed out of or thrown inside of the bus.
- Trash is to be carried or passed up to the front of the bus. This includes cans and bottles. Deposit ALL of your trash in the trash cans when leaving the vehicle.
- Items are not to be hung from the overhead racks while the bus is running. No item in excess of 2 pounds is to be hung from the overhead rack at any time.
- No one is to stand forward of the Bus Driver's seat while the bus is in motion.
- In order to avoid any damage to any vehicle exterior, no item is to be laid upon or propped against, or hung on the side of any vehicle regardless of who owns it.
- Alcoholic beverages are not to be in, or on, any part of ANY BDPA vehicle.
- Recreational drugs are NOT to be carried on, or in, any part of ANY BDPA vehicle, regardless of their legal status in the area of travel.
- No sexual activities are allowed.
- No Bullying or hazing are allowed.

THE SUMMER SEASON

LAUNDRY DAYS

Laundry days are shown on the [CALENDAR](http://www.bluedevils.org) at www.bluedevils.org and are scheduled approximately every 7-10 days beginning in Laramie. They allow for personal relaxation time and are often near shopping or restaurants that you can go to on your own. Be sure to manage your time to assure that your laundry gets done and you do not delay the departure of your bus from the laundry location. Just as on non-laundry free days, do not go off alone.

You are responsible for money for laundromat machines, laundry detergent, and dryer sheets.

- The corps often does have laundry detergent pods available at no cost. We cannot guarantee that they will always be available or will be a brand you prefer or your clothing specifically requires.
- Occasionally, the Booster Club provides \$10-\$20 to help offset laundry & free day meal costs.

Do not leave your laundry unattended. The Blue Devils are not responsible for clothing lost or stolen from laundromats. The Blue Devils are not responsible for damaged clothing due to malfunctioning machines.

RIDE SHARE

Ride-share services such as Uber and Lyft will be allowed only at designated times. Never make such arrangements without first getting permission from the corps director. Per Uber and Lyft policies, minors under the age of 18 are not allowed to use Uber or Lyft without an adult.



FREE DAYS

On free days you will have the opportunity to step back from the hard work and explore the sights and cultures of the city we are visiting. Please stay in pairs or groups, do NOT go off on your own. Please remember the BDPA code of conduct and be responsible with your free time.

VISITS & OVERNIGHT STAYS WITH FAMILY

Members may be allowed off-site for meals/quick visits with family members only with permission of the corps director. You and your parent/guardian must check-out at the time of departure and check-in when you arrive back with group with the corps director.

In certain situations you may stay overnight off-site with a parent or a legal guardian only, and with permission of the corps director. You and your parent/guardian must check-out at the time of departure and check-in when you arrive back with group with the corps director.

MAIL

During rehearsals in Wyoming, incoming mail is distributed on a regular basis. While on tour, incoming mail is distributed approximately every 7-10 days. We will post the dates and instructions for how to send mail on our website prior to tour. Please advise those sending you mail that packages should not be larger than a shoe box.

PERFORMANCE PROCEDURES & ETIQUETTE

THE BLUE DEVILS UNIFORM

Being a part of The Blue Devils means that you are responsible for continuing our trademark tradition of excellence in performance and appearance. When you are in uniform you are a representative of the entire BDPA organization.

- The uniform is designed for a specific, consistent image and nothing is to be added to or subtracted. If you wish to wear any mementos or good luck charms, attach them so they are not visible.
- Every section will wear the same look when warming up or out in public.
- One blue or black stud earring in one ear is permitted. No loops, pins, chains, or any other earring is to be worn with your uniform.
- Smoking or vaping are not allowed when you are wearing any part of your uniform or member apparel.
- Please use common sense/good judgment in your choice of language and behavior at any performance, while in full or partial uniform, or while wearing member apparel.



A TYPICAL CONTEST DAY

8:00 AM – Breakfast

9:00 AM – Rehearse

12:30 PM – Lunch

1:30 PM – Rehearse

4:45 PM – Dinner, pre-pack

7:15 PM – Warm-up

8:45 PM – Walk to gate

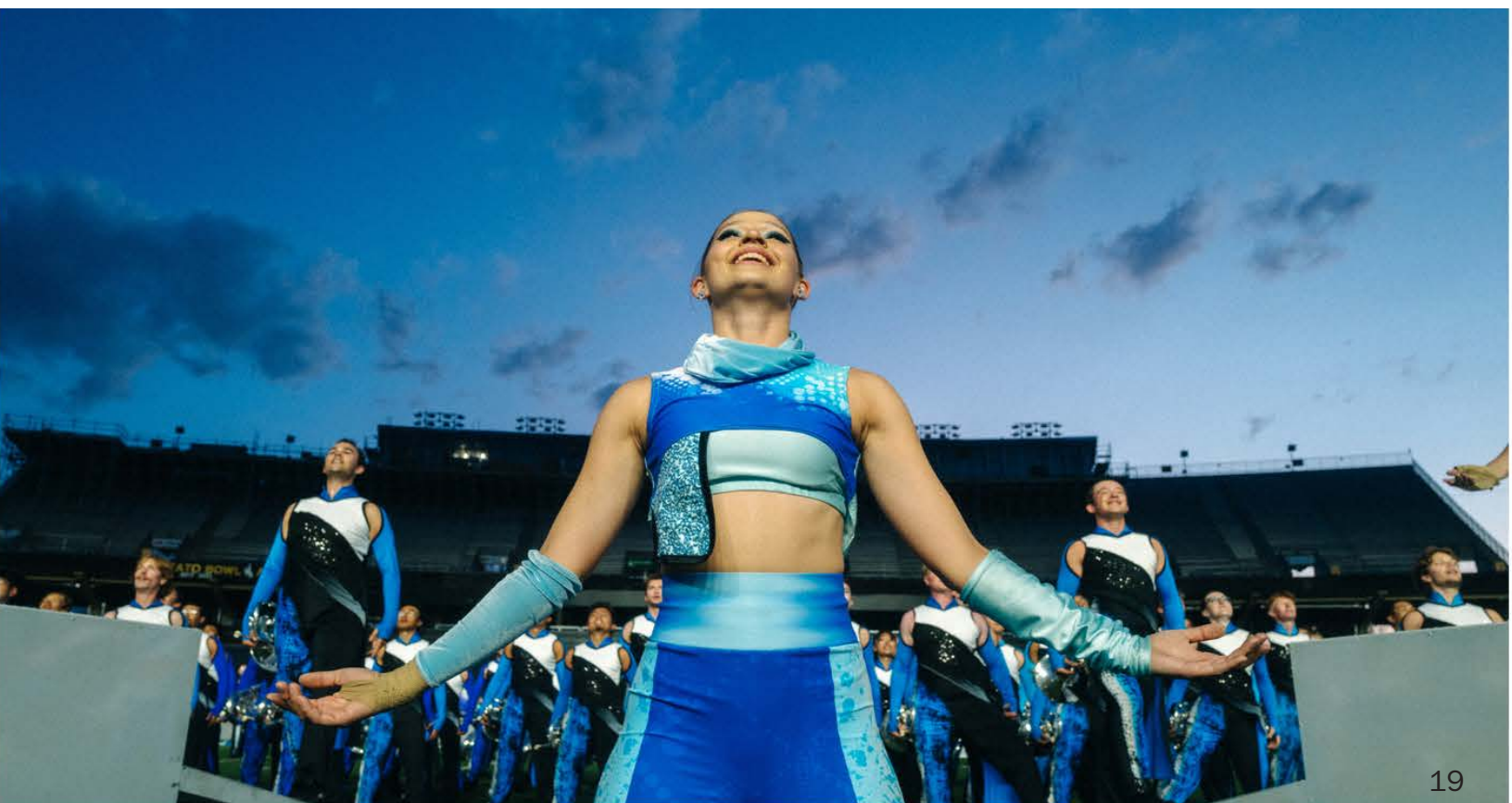
9:05 PM – At gate

9:21 PM – Walk on

9:26 PM – Performance

9:45 PM – Snack, load, clean

11:45 PM – Depart for next location



OUR HEALTH & WELLNESS PROGRAM

Your physical and mental health and wellness are essential to your ability to consistently perform at the peak of your skill. In turn, maintaining your physical and mental health and wellness depends upon finding the right balance between not doing enough and doing too much. Our Performance Strategies and Health & Wellness programs engage certified medical personnel to help you find and maintain that balance.



HEALTH & WELLNESS PROGRAM GOALS

- Evaluate members to compile a more complete medical history and information.
- Develop physical training protocols for injury prevention.
- Develop stress management and mental skills strategies to maximize performance.
- Provide evidence-based research education to members
- Members of Health & Wellness will be available to provide medical recommendations, education, and first aid, when appropriate

H&W: PREPARING FOR THE SEASON

Please read through all of the material in this section so that you are familiar with the essential information you need to know. Make use of all of the physical and mental conditioning and training materials you will receive, and implement that information into your daily life as soon as possible.

EXERCISE & DIET

Drum corps is a very physical activity. The more physically fit you are, the less likely you are to sustain an injury. We recommend working out between camps, to include: hiking, running, cardio, weightlifting, and core building. Males should maintain between 2-24% body fat, and females 10-31%.

If you are above, the safe way to bring it down is by:

- 1. Increasing aerobic activity** – If you exercise properly (aerobically), you will be able to exercise longer with less soreness AND you will experience a decrease in appetite for up to two hours after your workout; aerobic exercise also decreases stress and releases endorphins.

Aerobic activity is any exercise that will get your heart rate up between 70% and 80% of your safe maximum heart rate and keep it there for at least 30 minutes (NOT including warm-up and cool-down time). Check your pulse during exercise and maintain this level. Exercise AT LEAST three times a week.

Maximum heart rate formula: $220 - \text{age} = \text{MHR}$

Aerobic exercise range: $\text{MHR} - .6$ and $\text{MHR} - .8 = \text{PULSE RANGE}$

- 2. Modifying your diet** – Start choosing healthy colorful alternatives, such as fruits and vegetables. If you increase your intake of fruits, vegetables and complex carbohydrates (i.e. beans, oatmeal, 100% whole-wheat bread, quinoa, barley, potatoes, sweet potatoes) you will have more energy and the calories will be burned more easily.

Decrease the amount of fat consumed (contained in red meat and dairy products) and sugars.

H&W: PREPARING FOR THE SEASON

PRE-EXISTING CONDITIONS

If you have any type of chronic condition (e.g. joint or muscle injury, medical, or mental health diagnoses, etc), you will need to provide a letter from your provider to clear you to participate in this activity. When speaking with your provider, request their recommendations to include: medications, wraps, braces, continuing mental health sessions while on tour, etc. Be sure to bring your own medications, braces, wraps, etc.

If you have any type of allergy (bees, seasonal, medication, food, etc.) contact your physician for an EpiPen and/or inhaler in case of an allergic reaction. Learn to use the items in the kit before you leave for tour. Also please make sure you fill out the health questionnaire and inform us of all your allergies and food restrictions.

We recommend maintaining all pre-existing treatment and medications, including mental health therapy, over the summer. Please make sure that you have made arrangements for your prescriptions, virtual therapy appointments, and any necessary virtual doctor appointments ahead of time. You will need to advise the Health & Wellness team of any appointments, and make every effort to ensure that they take place outside of rehearsal time.



WHAT TO BRING ON TOUR

- The H&W team will not have any medications available! Please bring all medications (over-the-counter and prescribed), sunscreen and bug spray that you'll need on tour with you! It is recommended to bring the following over-the-counter medications (pending any allergies): Ibuprofen, allergy medication, Tylenol, DayQuil/NyQuil and Benadryl – along with your prescriptions!
- Shoe inserts will save your feet, ankles, knees, hips and back – they're a bit pricey but totally worth the investment! SuperFeet is a great brand: www.superfeet.com/en-us/green.
- Compression socks are also recommended to be worn on bus rides and after rehearsal - these assist in circulation decreasing leg/feet discomfort and swelling. www.zensah.com
- You must bring a 1 gallon water bottle (or larger) to every camp and to every rehearsal while on tour. Be prepared to drink a minimum of one gallon per block, if not more (please review the hydration protocol/fluid intake recommendation)!
- A bandana/buff and a minimum of two hats! Bandana/buff to wet and put around your neck to keep you cool and the hat(s) to keep your face, lips, and head from being sunburned.
- Skin that rubs against other skin can create chafing or blisters – we recommend packing Gold Bond powder or Bodyglide to address these skin irritations early-on.
- Two – yes TWO – pairs of supportive rehearsal shoes. On the following page you'll find a list of recommended marching shoes, specifically for drum corps provided by DCI's podiatrist, Dr. Tom Freeman.

RECOMMENDED MARCHING SHOES

Dr. Freeman's Selection Requirements:

- Versatility
- Affordability
- Purpose
- Durability
- Comfort
- Availability
- Active Injury Prevention



Dr. Tom Freeman is a graduate of the Scholl College of Podiatric Medicine, from which he received his Doctor of Podiatric Medicine degree. He completed his Podiatric Surgical Residency at Trinity Regional Hospital in Fort Dodge, IA. He is Board Qualified by the American Board of Podiatric Surgery. A longtime member of medical team of The Cavaliers, he is one of the founding practitioners of Marching Arts Safety & Health.

MEN'S STYLES



Agravic Flow
Terrex Trailrider
Terrex Agravic Trail
Terrex 3 Swift Hiker
Terrex Ultra
Soulstride
Terra Two Flow



Olympus
Altra Lone Peak
Superior
Outroad



GEL Venture 8 ***\$
GEL Venture 8 TRAIL \$
Trabuco Max
Trail Scout \$
GT1000 Trail
GEL Venture 9
GEL Venture 9 Trail
GT2000 GTX
GEL Venture 8 Mid*



Catamount
Divide
Cascadia
Caldera



Grand Tier
At Peake 24



Speedgoat
Torrent
Stinson 6
Challenger Trail
Trail Code GTX*
Speedgoat MID*



Moab



412 v3 trail \$
Fresh Foam X Trail
608 *** \$ (W)
519 \$
410v7 Trail \$
410v8
460
Fresh Foam Hierro v7
Fresh Foam More v3
HierroMID*



Pegasus TRAIL
AIR Monarch*** \$
Juniper
Kiger
WildHorse



Cell Surin
Twitch Trail
Voyage Nitro



Ride TR
Peregrine GTX (W)
Excursion (W)
Endorphin
Peregrine Trail
Grid
Xodus
Cohesion (W)



Terrabite
Equalizer
Hillcrest



Speedcross

Bandit Cross
Bandit Trail 2
Bandit Trail 3
HOVR



Bandit Cross
Bandit Trail 2
Bandit Trail 3
HOVR

OFFICIAL SOCK OF DCI
"Say Goodbye to Muscle Fatigue!"



APOLLA
SAVE up to 25%!



Tracefinder
Trail Rider
Terrex Two Flow
Terrex Agravic
Terrex Swift R3
Soulstride
Agravic Flow \$



Olympus
Lone Peak
Timp
Superior



GEL Venture 8 ***\$
GEL Venture 8 Trail \$
GEL Excite Trail \$ (W)
GEL Venture 7 Trail \$
GEL Contend
GT 1000
GEL Venture 9 (W)
GEL Excite Trail2 \$ (W)



Cascadia
Cascadia Trail
Divide 3
Catamount
Glycerine
Cohesion



Montrail



Grand Tier Trail



Challenger
Torrent
Speedgoat
Speedgoat GTX
Trail Code GTX*
Speedgoat MID*



Moab Speed



Fresh Foam X Hierro V8
412 v3 Trail \$
Fresh Foam X Trail V2
608 *** \$ (W)
623 V3 \$
Nitrel V5
Fuel Cell Summit
Fr. Foam X Hierro GTX
Fr. Foam X More TrailV3
410 V8
Hierro MID*

LEGEND

- \$ Value Priced
- * Xtra ankle support
- (W) Wide Sizes Available
- *** "Battle-Tested"

WOMEN'S STYLES



Air Monarch *** \$
Terra Kiger 8Trail
Pegasus 3 Trail
Juniper Trail



Voyage Nitro
Explore Nitro



Sky Walk Trail
Summit Trail
Kenal
Sky Stride Trail
DevotionXT Mid-Shaft*



Peregrine GTX
Ride TR
Xodus Trail
Aura TR
Peregrine Trail
Excursion TR

SCAN
TO
SHOP
SHOES



H&W: MAINTAINING WHILE ON TOUR

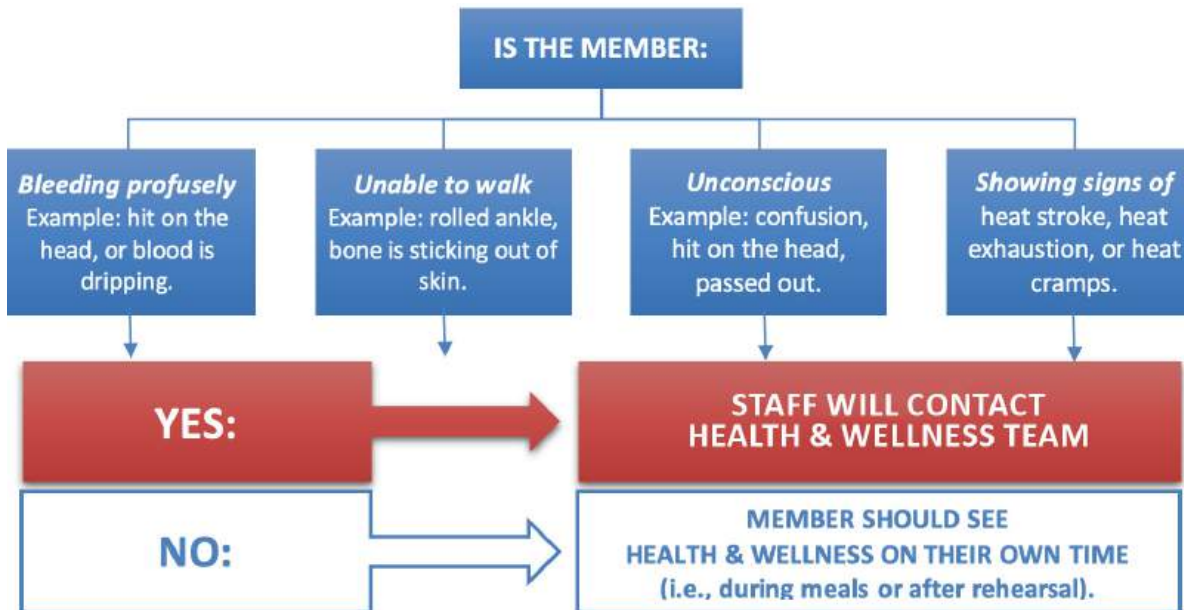
Please familiarize yourself with the information and recommendations below to ensure a healthy season. Unless you are injured during rehearsal, you should visit the H&W mobile clinic on your own time before rehearsal, at meal breaks, or before lights out. Contact a member of the Health & Wellness Team if you have any questions.

GUIDELINES IF YOU ARE FEELING UNWELL

- Inform a member of the H&W team that you are feeling unwell.
- Have a friend or staff member serve you your food – do not touch any items or serving spoons in the food line.
- Wear a mask on the bus.
- Do not share Chapstick, makeup, bottles, drinks, etc. with other members when sick.
- Sleep as far away from others as possible.
- Most importantly: WASH HANDS WITH SOAP AND WATER FREQUENTLY.



WHEN TO CALL THE HEALTH & WELLNESS TEAM



VISITS TO MEDICAL FACILITIES

- H&W/Admin staff will work with member for transportation to a medical facility when necessary.
- Member may be responsible for arranging their own transportation for non-emergency medical appointments, such as Uber or other suitable means, if H&W/Admin staff and member mutually agree. This is aimed at ensuring the efficient use of our resources and prioritizing emergency transportation needs.
- Member will be responsible to cover the cost of medical appointments and emergency room visits with their medical insurance or out of pocket payment.
- H&W recommends having insurance at all times but specifically during your performance season - please contact health@bluedevils.org for resource information or questions.

H&W: MAINTAINING WHILE ON TOUR



RECOMMENDATIONS FOR A HEALTHY SEASON

The following recommendations are the foundation for a healthy season. Please review them and ask questions! Staying healthy is vital to the success of your, and the corps' season.

- A hand washing station is available at the start of the food line – USE IT!
- Wipe down your bus area with disinfectant wipes regularly.
- Wash your feet and under toenails to avoid foot funk/ingrown nails.
- Practice good daily hygiene: bathe/shower, use deodorant, brush your teeth.
- Wash hands with soap and water, especially after using the restroom and always before eating.
- BD will provide water and Gatorade. You MUST bring a minimum of one gallon personal water bottle.
- Use sunscreen and reapply often enough to be effective.
- Wear lightweight, loose, well ventilated, light-colored cotton shirts to provide additional protection from the sun – this is imperative if you are already burned.
- Wear something on your head to protect your head, face, neck, and lips from the sun. (i.e. hat with a bill, bandana, t-shirt, towel, etc.)
- Shoes must be worn at all times – no bare feet outside the buildings or off the bus.
- Sleep when you have the opportunity – take advantage of travel time and breaks.
- Eat wisely – have several light meals with lots of fresh fruit and vegetables. Avoid excessive sugar and junk food. Eat the well-balanced meals provided by Devils' Food instead of ordering from services like Doordash or UberEats.
- Increase your fluids, specifically water. You should be urinating at least 5-8 times each 24-hour period. If not, you may be dehydrated. In addition to dehydration, urinary tract infections can also develop if you are not drinking enough water.
- Make good choices. Consider not doing things that may jeopardize your body and health.
- Drink plenty of water and Gatorade and stay away from soda and coffees before/during rehearsals.

SORENESS VS INJURY

THE DIFFERENCE BETWEEN SORENESS & INJURY

There are differences between the soreness and fatigue that come with physical conditioning or strength-building and the pain that comes from acute injury and/or chronic injury from over-use.

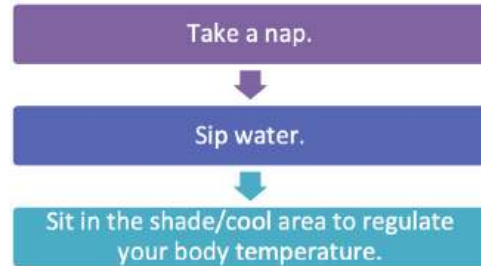
It is normal to have soreness, tenderness, and tightness during physical conditioning and strength building. Much of this discomfort can be avoided in Laramie by participating in the provided *Forte Athletics* pre-conditioning/training program.

On the other hand, any decrease in strength or range of motion might be an indication of injury. You should contact the Health & Wellness Team if you experience:

- Sudden, severe pain.
- Extreme swelling or bruising.
- Not being able to place weight on a leg, knee, ankle, or foot.
- Not being able to move a joint normally.
- Extreme weakness of an injured limb.
- A bone or joint that is visibly out of place.
- Pain when you rehearse or exercise.
- Swelling and a dull ache when you rest.
- Pain and swelling that do not go away or worsen after a few days.

SELF CARE FOR SORENESS OR TIGHTNESS

- When you have the downtime, use it to REST!



- For any areas of soreness, remember RICE:



- We also recommend that you stretch after each rehearsal block and during downtime. Some good cool down stretches can be found illustrated in the graphic below.

Always contact a member of the Health & Wellness Team with any questions/concerns!



NUTRITION

WHAT IS THE PURPOSE OF NUTRITION?

As defined by the Academy of Nutrition and Dietetics, nutrition is the science of how the body is affected by food. The purpose of nutrition is to understand the impact food, with its nutritional values, has on the body. Consuming the proper amount of nutrients is needed for all-around health and development. Some positive correlations include a potentially longer lifespan, lower risk of chronic diseases, and stronger immune systems. However, with inadequate nutrition, several issues can arise such as heart disease, injury, and poor performance.

WHY IMPLEMENT NUTRITION?

Nutrition requirements vary from person to person; as a result, it is important to implement eating habits that can fulfill everyone's specific needs. When an individual is not achieving adequate nutrition, health & sport performance issues can develop. Several factors play a role in this; such as food convenience, education, and environment. These factors impact daily decisions regarding one's diet, as well as impacting the future.



NUTRITION FOR AN ACTIVE INDIVIDUAL CAN SIGNIFICANTLY IMPACT OVERALL PERFORMANCE

Fueling the body with adequate and appropriate nutrients is important for muscle development, stronger bones, and injury prevention. Implementing a nutritional plan, using a qualified source, is necessary for the individual or athlete to achieve improved performance.

WHY IT'S IMPORTANT OVER THE COURSE OF A LIFESPAN

For a long, healthy lifespan, it is important to educate and provide resources on proper nutrition. Every individual requires different nutritional needs, which is why adopting a diet that encompasses moderation, variety, and balance is vital. The earlier these habits begin, the healthier the individual is over the course of a lifespan, particularly those individuals with rigorous schedules. However, eating habits can be a challenge to maintain, especially in varying environments.

FOR ATHLETES, NUTRITION IS ESSENTIAL FOR OVERALL HEALTH, TRAINING, AND COMPETITION

However, tracking an athlete's needs is sometimes complicated due to fluctuation in nutritional requirements. Factors causing fluctuation include type of season (in-season or off-season), environment, metabolism, training schedule, meal and snack timings, and stress. Athletes, or more active individuals, should take these factors into account when establishing a diet practice with a qualified dietitian. Athletes with inadequate nutrition can hinder their performance levels and develop various health complications such as anemia, fatigue, lack of muscle repairing (recovery), and injury. Overall, it is important for athletes and active individuals to have a balanced diet with adequate nutrition in order to improve performance and maintain healthy lifespans.

Dehydration is one of the primary reasons members miss rehearsals and performances. Please read these pages to learn valuable information about dehydration and how best to stay hydrated.

SIGNS & SYMPTOMS OF DEHYDRATION

- Lack of concentration
- High perceived exertion during exercise
- Trouble tolerating heat
- Delayed recovery
- Muscle cramps
- Headache
- Nausea/vomiting
- Racing heart or “weird” rhythms
- Increased tiredness, impatience, sleepiness.

THREE INDICATORS OF DEHYDRATION

You are likely dehydrated if two or more of these markers are outside of the normal range.

- Morning urine is dark.
- Body weight is lower than usual when you wake.
- Greater than usual thirst.

HYDRATION PROTOCOL/FLUID INTAKE RECOMMENDATION

Mandatory minimum jug capacity: 1 gallon

WHEN	RECOMMENDATIONS
Before exercise	2-3 hours before: >16 fl oz. (+ 8-16 fl oz. in hot weather) 15 minutes before: 8 fl oz.* ESTIMATED TOTAL: 1/3 to 1/2 of a jug
During exercise	~7-10 fl oz. every 10-20 min during exercise* ESTIMATED TOTALS: 3-hour block: 90 fl oz. (1 1/2 jugs) 4-hour block: 120 fl oz. (2 jugs)
After exercise	~64 fl oz. to replace fluids within 2 hours* ESTIMATED TOTAL: 1 jug
During meals	≥16 fl oz. at meals ESTIMATED TOTALS: 1/4 of a jug at lunch and dinner

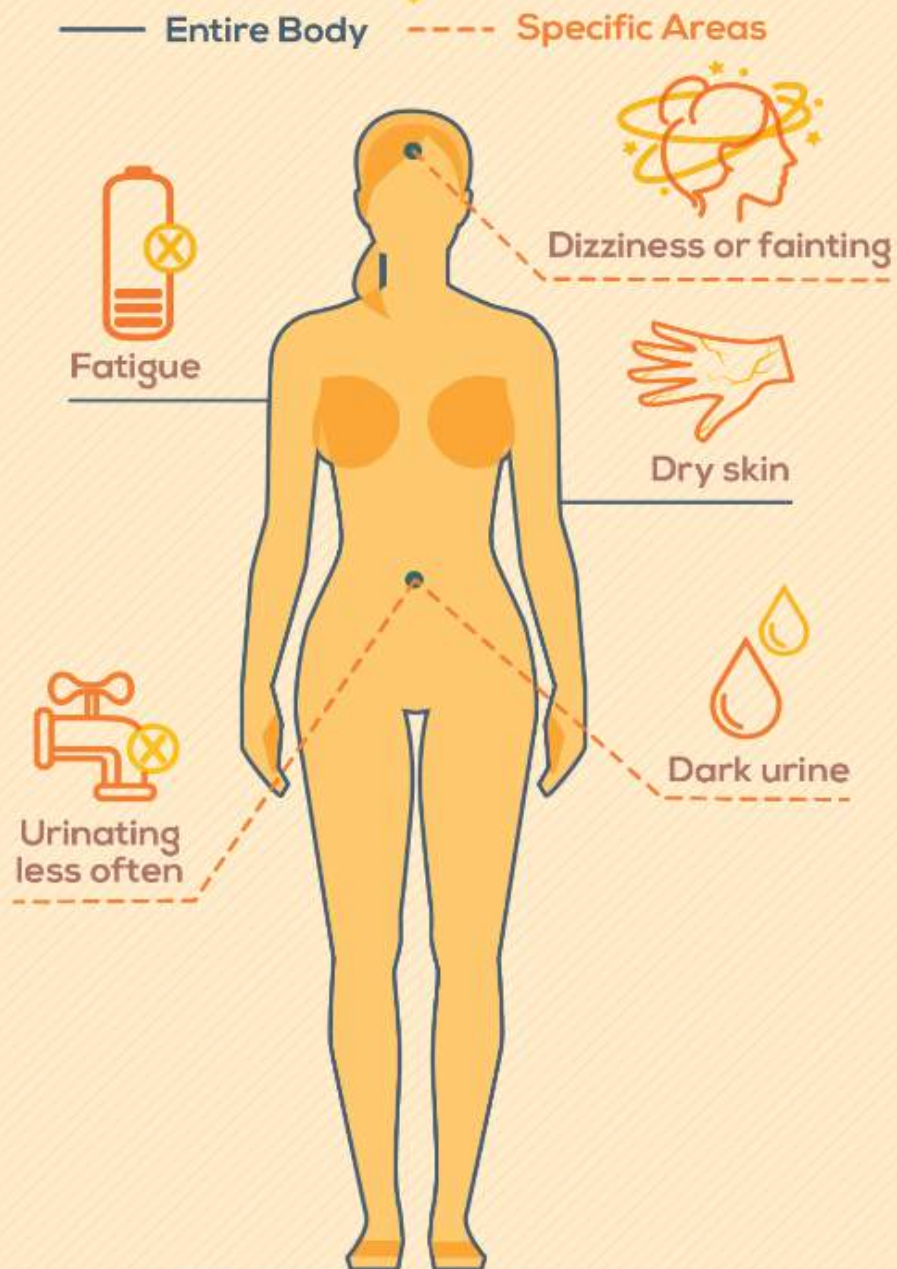


**A mixture of water and sports drinks are recommended when exercise blocks are physically vigorous or heat index is high.*

WebMD

SIGNS YOU MAY BE DEHYDRATED

Thirst isn't the only clue. Stay alert for these symptoms:



Sources: MedlinePlus. KidsHealth. Mayo Clinic.

ARE YOU HYDRATED? DON'T WAIT UNTIL URINE TROUBLE.

Products with caffeine should be avoided before practice and competition (supplements, energy drinks, etc...) Sports drinks can provide supplementary electrolytes, but water is KEY!

Monitor your urine color with the chart below. Don't let dehydration take you off the field!



HIGHLY DEHYDRATED

Go drink a large bottle of water immediately.

SERIOUSLY DEHYDRATED

You are still seriously dehydrated. Drinking a bottle of water now will make you feel much better.

MODERATELY DEHYDRATED

You lose water on a regular basis throughout the day. Drink more water.

PROPERLY HYDRATED

You're almost there. Get some water in your system to flush out all those toxins from your workout. Stay hydrated and healthy!

HYDRATED & HEALTHY

Great job! To stay hydrated, experiment during training to find the amount of fluid to drink that feels comfortable and allows you to perform at your best (6 - 12 glasses/day).



ENVIRONMENTAL HEALTH CONCERNS

HEAT ILLNESS

The body responds to heat by dilating the blood vessels in the skin and increasing the heartbeat. The body loses heat by conduction and convection which is caused by the cooling effect of air flowing next to the skin, radiation of heat to surrounding objects which come in contact with the skin, and evaporation of sweat. Excess sweating, however, causes loss of salt and water from the body fluids, which creates an increased workload on the circulatory system.

Physical work increases the effects of high temperature on the body. Other conditions make people more vulnerable to heat injury, including: **heat rash, dehydration, lack of sleep, feverish conditions, acute sunburn fatigue, vascular disease, previous heatstroke, and use of alcohol.**

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none">• High body temperature (103°F or higher)• Hot, red, dry, or damp skin• Fast, strong pulse• Headache• Dizziness• Nausea• Confusion• Losing consciousness (passing out)	<ul style="list-style-type: none">• Call 911 right away-heat stroke is a medical emergency• Move the person to a cooler place• Help lower the person's temperature with cool cloths or a cool bath• Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Tiredness or weakness• Dizziness• Headache• Fainting (passing out)	<ul style="list-style-type: none">• Move to a cool place• Loosen your clothes• Put cool, wet cloths on your body or take a cool bath• Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none">• You are throwing up• Your symptoms get worse• Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none">• Heavy sweating during intense exercise• Muscle pain or spasms	<ul style="list-style-type: none">• Stop physical activity and move to a cool place• Drink water or a sports drink• Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none">• Cramps last longer than 1 hour• You're on a low-sodium diet• You have heart problems
SUNBURN	
<ul style="list-style-type: none">• Painful, red, and warm skin• Blisters on the skin	<ul style="list-style-type: none">• Stay out of the sun until your sunburn heals• Put cool cloths on sunburned areas or take a cool bath• Put moisturizing lotion on sunburned areas• Do not break blisters
HEAT RASH	
<ul style="list-style-type: none">• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)	<ul style="list-style-type: none">• Stay in a cool, dry place• Keep the rash dry• Use powder (like baby powder) to soothe the rash



ENVIRONMENTAL HEALTH CONCERNS

	SYMPTOMS	TREATMENT / FIRST AID
HEAT CRAMPS	<ul style="list-style-type: none"> > Irritability, loss of appetite > Prickly heat rash, nausea > Muscle spasms/ twitching, moist cool skin > Painful muscle cramps (limbs and abdomen) 	<ul style="list-style-type: none"> > Drink more water > Have a cold shower or bath > Lay in cool place with legs supported and slightly elevated > Massage limbs gently to ease spasms or firmly if cramped, then apply ice packs and drink electrolyte replacement solutions > Do not give salt tablets or high sodium solutions
HEAT EXHAUSTION	<ul style="list-style-type: none"> > Profuse perspiration > Cold, clammy, pale skin > Headache and vomiting > Weak, but rapid pulse > Poor coordination > Normal temperature, but faintness 	<ul style="list-style-type: none"> > Lay victim down in a cool place as for heat cramps. > Loosen clothing and apply wet clothes to head and body. > Fan the victim, or move them to an air conditioned environment > Give sips of cold water or electrolyte drink > If vomiting continues, seek medical assistance immediately
HEAT STROKE	<ul style="list-style-type: none"> > Skin flushed, hot and unusually dry > Dry swollen tongue > High body temperature (more than 40°C) > Deep unconsciousness may develop rapidly 	<ul style="list-style-type: none"> > Seek medical assistance urgently > In the meantime: > Lay victim in a cool place and remove outer clothing > If unconscious, check airway and breathing > Cool victim quickly by applying cold water or wrap in a wet sheet and fan them (keep the sheet wet) > When conscious, give sips of water

CONTACT A MEMBER OF HEALTH & WELLNESS IMMEDIATELY IF ANYONE HAS THESE SYMPTOMS!!

ENVIRONMENTAL HEALTH CONCERNS

SERIOUS HEAT ILLNESSES REQUIRING IMMEDIATE CARE

There are 3 types of serious heat illnesses that require immediate care. Please contact the Health & Wellness Team immediately if anyone has these symptoms!

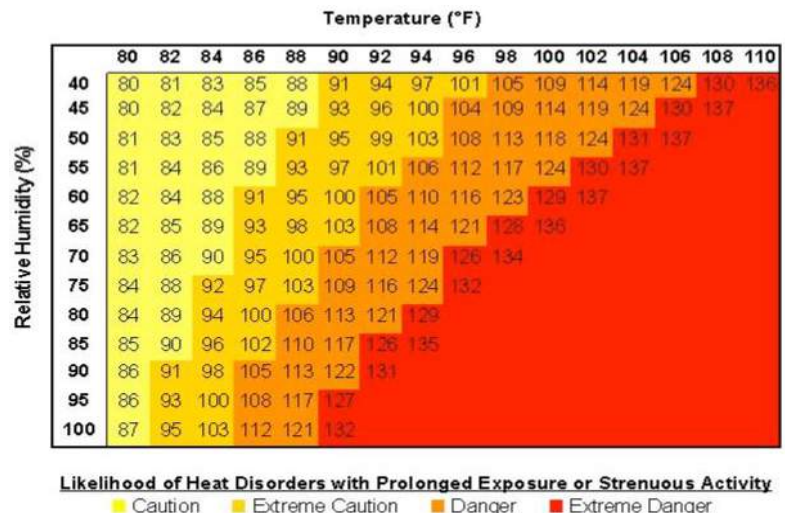
- Heat Cramps – Caused by excessive loss of salt from the body.**
 Symptoms: Painful cramps in muscles of the extremities and abdominal wall. Body temperature is normal.
- Heat Exhaustion – Caused by excessive dehydration and lack of salt.**
 Symptoms: Profuse perspiration, skin is cool and pale, rapid pulse (140-200 beats per minute), low blood pressure, headache, mental confusion, dizziness, drowsiness, weakness, loss of appetite, vomiting, visual disturbance, occasional cramps of extremities or abdominal muscles.
- Heat Stroke – Caused by a breakdown of the body's heat regulating mechanism. A very serious condition in which there is extremely high body temperature – can lead to coma or death. Risk: Persons not acclimatized to heat; physical exertion; alcoholism; diarrhea caused by dehydration.**
 Symptoms: Absence of sweating, cool skin surface, headache, dizziness, mental confusion, weakness, nausea, urination. Early stages are characterized by hot, red, dry skin; full and rapid pulse; normal or elevated blood pressure; rapid and deep respiration; body temperature 106-110F. The onset is usually dramatic with collapse and loss of consciousness. Convulsions may occur.

BDPA HEAT ILLNESS PREVENTION RECOMMENDATION

The following guidelines will be utilized to determine what to do with practice when the heat and humidity become a health risk. These guidelines have been based off the NCAA Sports Medicine Handbook and the NATA's position statement on Exertional Heat Illness.

Temperature and humidity data will be taken daily (digital/analog) and compared to a chart to determine the heat index (See heat index chart below).

- CAUTION: Fatigue possible.**
 Minimum of 2.5-minute break every 30 minutes (or 5 min. of break per hour).
- EXTREME CAUTION: Sunstroke, muscle cramps, and/or heat exhaustion possible.**
 Minimum of 5-minute break every 30 minutes (or 10 min. of break per hour).
- DANGER: Sunstroke, muscle cramps, and/or heat exhaustion likely.**
 Minimum of 5-minute break every 20 minutes (or 15 min. of break per hour).
- EXTREME DANGER: Heat stroke or sunstroke likely.** Minimum of 5-minute break every 15 minutes (or 20 min. of break per hour). Avoid direct sun, consider practicing indoors.



ENVIRONMENTAL HEALTH CONCERNS

ALTITUDE SICKNESS

Altitude sickness is real! When you travel to a high elevation (such as the University of Wyoming!) without letting your body adjust to the new altitude, you may experience altitude sickness. Symptoms include headache and nausea. It is important that you prepare for the high altitude you will experience in Laramie. Be sure to hydrate with water before you arrive!

Remedies For Altitude Sickness

- Eat carbs** (Image: bread)
- Avoid alcohol** (Image: alcohol bottle with a red prohibition sign)
- Drink water** (Image: glass of water)
- Do not smoke** (Image: cigarette with a red prohibition sign)
- Use headache medicine** (Image: pills)
- Breathe deeply** (Image: lungs)
- Use Ginkgo biloba** (Image: Ginkgo biloba leaves)
- Chew coca leaves** (Image: coca leaves)

boldsky www.boldsky.com

Symptoms of altitude sickness can include any of the following...

headache	**mental confusion or slowness
dizziness/lightheadedness	**having blue or gray lips or fingernails
insomnia	**extreme difficulty in breathing, even while at rest
shortness of breath during exertion	**persistent cough
nausea/vomiting	**hearing a sound like a crumpling paper bag when you breathe
loss of appetite	**difficulty walking/exercising
diarrhea	**loss of coordination
fatigue/weakness	**severe fatigue
swelling of extremities	

CONCUSSION RECOMMENDATION

WHAT IS A CONCUSSION?

A concussion is a complex, pathophysiological event to the brain that is induced by trauma which may or may not involve a loss of consciousness. Concussion results in a constellation of physical, cognitive, emotional, and sleep-related symptoms. Signs or symptoms may last from several minutes to days, weeks, months or even longer in some cases. Although concussions are most common in contact and collision activities, there is a high incidence of concussions in drum corps.



RED FLAGS – If a member suddenly experiences ANY of the following symptoms, IMMEDIATELY contact the Health & Wellness team. If a Health & Wellness team member is unavailable, facilitate getting the member to the emergency room as soon as possible.

- Worsening headaches
- Seizure-like activity
- Neck pain
- Drowsy
- Unable to wake or loss of consciousness
- Slurred speech
- Multiple bouts of vomiting
- Confusion
- Weakness
- Unusual behavior changes
- Increase in irritability
- Change in pupils (not reacting to light or suddenly dilated or pinpoint)

PRECAUTIONS: BASELINE ASSESSMENT

- All members will complete a baseline concussion assessment prior to the beginning of the season.
- If a member sustains a concussion during the season and misses the timeline for retesting, their baseline test will be conducted at the end of their Return to Perform progression.

RECOGNITION: POST-INJURY SCREENINGS

- The Health & Wellness Team are trained and CDC certified to recognize the signs and symptoms of a concussion. If these are observed, the member will be removed from activity and assessed. We encourage members to discuss questions about their health with staff or with the Health and Wellness Team.
- The member will be reassessed as needed until the member has no symptoms for 24 hours and/or has returned to their pre-injury/baseline state utilizing the Post-Concussion Symptom Scale.

CONCUSSION RECOMMENDATION

Facts about Concussion and Brain Injury



About Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

Concussion Signs and Symptoms

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion. Symptoms of concussion usually fall into four categories:

Thinking/Remembering	Difficulty thinking clearly	Feeling slowed down	Difficulty concentrating	Difficulty remembering new information
Physical	Headache Fuzzy or blurry vision	Nausea or vomiting (early on) Dizziness	Sensitivity to noise or light Balance problems	Feeling tired, having no energy
Emotional/Mood	Irritability	Sadness	More emotional	Nervousness or anxiety
Sleep	Sleeping more than usual	Sleep less than usual	Trouble falling asleep	

Getting Better

Rest is very important after a concussion because it helps the brain to heal. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Be patient because healing takes time. Only when your symptoms have reduced significantly, in consultation with your doctor, should you slowly and gradually return to your daily activities, such as work or school. If your symptoms come back or you get new symptoms as you become more active, this is a sign that you are pushing yourself too hard. Stop these activities and take more time to rest and recover. As the days go by, you can expect to gradually feel better.

Tips to help you get better:

- Get plenty of sleep at night, and rest during the day.
- Avoid activities that are physically demanding (e.g., sports, heavy housecleaning, working-out) or require a lot of concentration (e.g., sustained computer use, video games).
- Ask your doctor when you can safely drive a car, ride a bike, or operate heavy equipment.
- Do not drink alcohol. Alcohol and other drugs may slow your recovery and put you at risk of further injury.



There are many people who can help you and your family as you recover from a concussion. You do not have to do it alone. Keep talking with your doctor, family members, and loved ones about how you are feeling, both physically and emotionally. If you do not think you are getting better, tell your doctor.

For more information and resources, please visit CDC on the Web at: www.cdc.gov/Concussion.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention



CONCUSSION RECOMMENDATION

MANAGEMENT: MEDICAL RECOMMENDATION

- Staff will immediately inform the Health & Wellness team of any member that sustains an injury during rehearsal that involves trauma to the head.
- The Health & Wellness team will obtain injury details and assess the member. If symptoms are noted by the Health & Wellness team, then the member will be excluded from all participation until such time as the member is medically cleared to return to activity. If the member is under 18, administration will contact the parents directly.
- The Health & Wellness team will notify the director and appropriate staff.
- If the member is taken to a walk-in medical center or emergency room, the member will be accompanied by the Health & Wellness team or administrative staff. The member will then need to follow-up with the Health & Wellness team as well as the supervising physician for retesting and medical re-evaluation before returning to physical activity as prescribed by the physician/NP.
- Once the member is symptom free for 24 hours, they will then be reassessed by the Health & Wellness team before returning to physical activity. The member cannot participate in any performance or events until they have successfully completed the full RTP Four-day progression and remained symptom free.
- If the member experiences symptoms anytime throughout the four-day progression (same or different than original injury), the member will be removed from activity until symptoms subside. The member will then restart the RTP progression on the following day with the rest day determined by a physician.

RTP PROGRESSION

HORNS/DRUM LINE:

- DAY 0 – Decrease stimuli and rest for the remainder of the day. Member will be checked frequently by Health & Wellness team to ensure symptoms have not increased or worsened.
- DAY 1 – Marching basics (Visual) w/o instrument and stand-still playing, (no ensemble).
- DAY 2 – Marching basics (Visual), w/instrument and stand-still playing, (no ensemble).
- DAY 3 – Marching basics (Visual), drill and stand-still playing, (no ensemble).
- DAY 4 – Full participation.

COLOR GUARD:

- DAY 0 – Decrease stimuli and rest for the remainder of the day. Member will be checked frequently by the Health & Wellness team to ensure symptoms have not increased or worsened.
- DAY 1 – Flag/Weapon basics, no equipment. Body warm-up and stretch, no across the floors, (no ensemble).
- DAY 2 – Full basics block with equipment, no tossing. Dance with across the floors, (no ensemble).
- DAY 3 – Sectionals, spinning on the move, dance/across the floors. (no ensemble).
- DAY 4 – Full participation.

PERFORMANCE & MENTAL HEALTH

PERFORMANCE ANXIETY

Being a member of The Blue Devils will be one of the most intense and rewarding experiences of your life. That level of intensity creates all of the conditions for a physical, emotional, and mental roller coaster. One of the most well-known aspects of that roller coaster is what is referred to as “performance anxiety”.

The most important thing to remember is that this roller coaster happens to all performers, but it plays out differently in each of us. That means that what we call “performance anxiety” happens to each of us in our own unique way. For some people, it plays out in their thoughts and beliefs; for others, it plays out in how their nervous system responds; for others it is how their body responds; and for others it is how their brain and cognitive processes respond.

The trick to performing at the very peak of your skill is to learn how the roller coaster plays out in you, and then to develop techniques to control it rather than letting it control you.

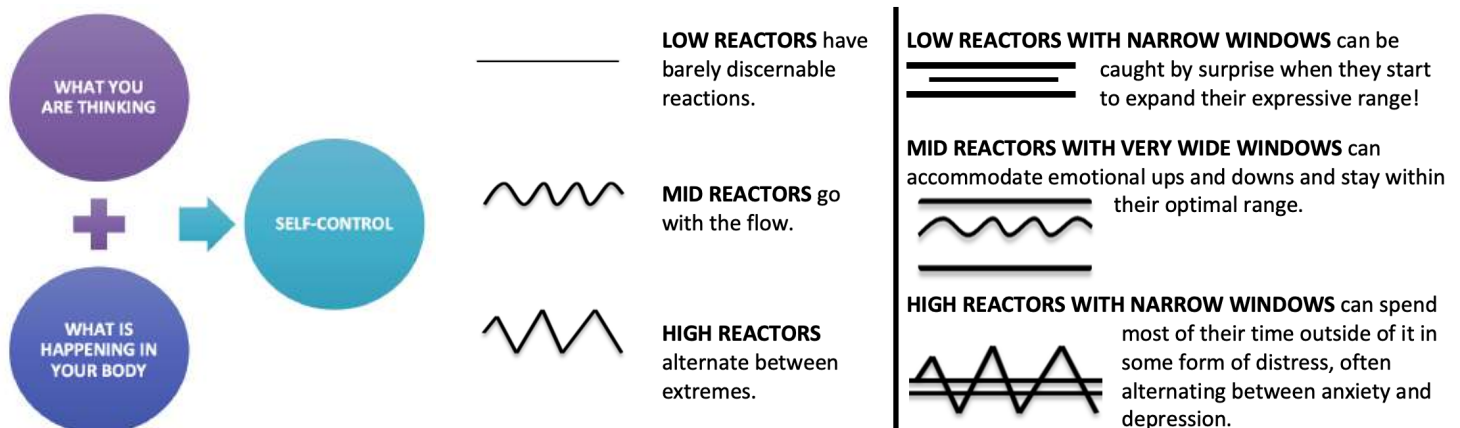


A useful way to think of this is that we all have a “window of tolerance” within which high levels of intensity can be processed without interfering with our performance or our well-being.

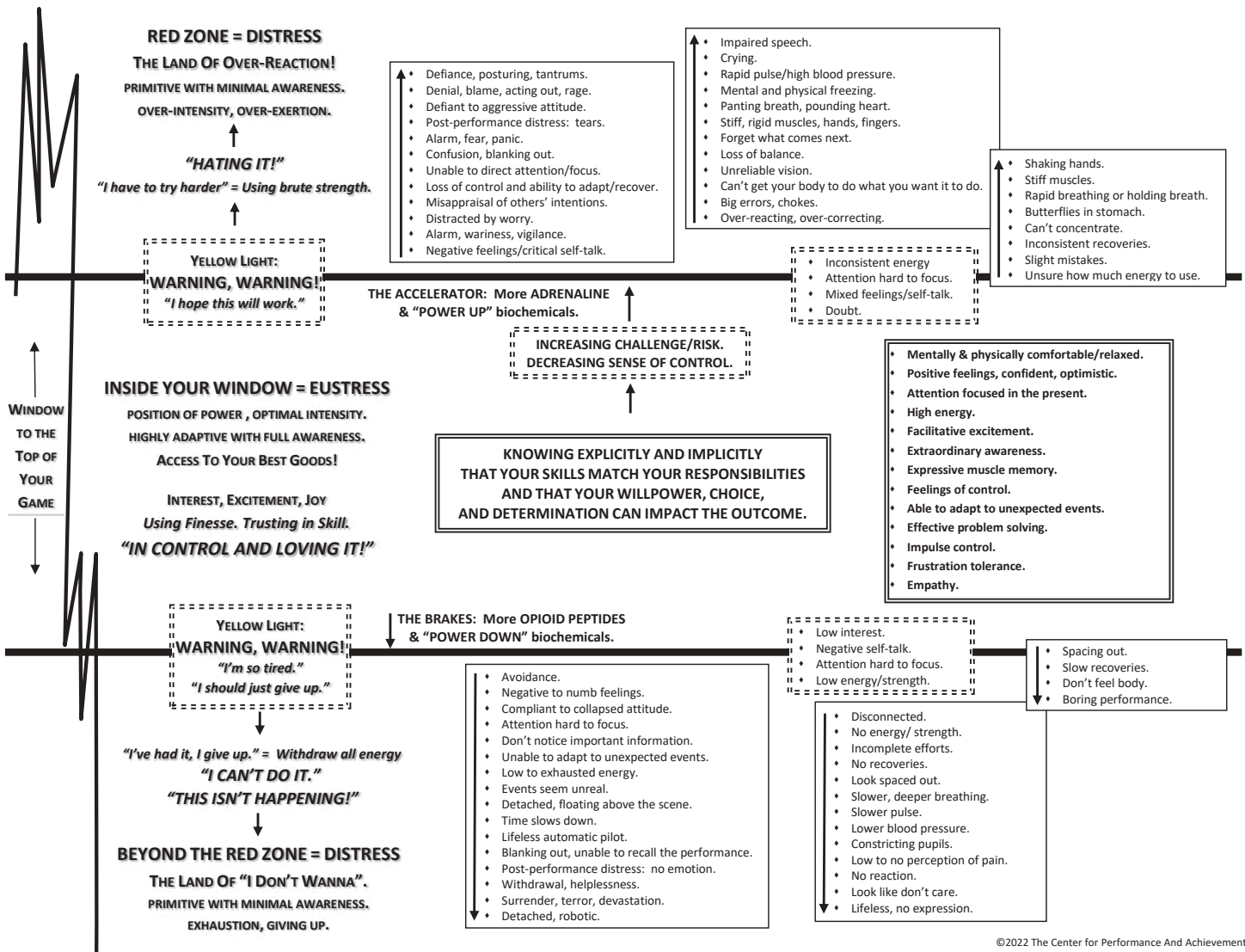
We also have unique reactive patterns that impact our ability to stay inside that window of tolerance so we can perform at our best.

- Inside that window, we have access to our very best. We are at the optimal level of intensity for the task. We are highly adaptive, in control, and enjoying our experience.
- Above that window, we over-exert, over-react, become irritated or angry, and experience anxiety and panic.
- Below that window, we are bored, disconnected, exhausted, and experience depression.

“You must be in control of yourself before you can control your performance” – Ken Ravizza



PERFORMANCE & MENTAL HEALTH



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PERFORMANCE & MENTAL HEALTH

HIGH ACHIEVERS & IMPOSTOR SYNDROME

It is a foregone conclusion that pretty much everyone you will meet at The Blue Devils is a high achiever. You wouldn't have made it this far if you weren't a high achiever, too. One of the biggest adjustments new members of The Blue Devils have to make is being around so many people who are so incredibly good at what they do.

Most new members are used to being “the best” achiever in their previous endeavors. We could call that the “big fish in a little pond” syndrome. In some cases, being “the best” came naturally and was also relatively easy. So guess what happens when you find yourself surrounded by a lot of “big fish”?

“Big fish” in a pond of “big fish” are not accustomed to:

- Being one of many who are very good at what they do.
- Not being “the best” at a given task.
- Having to work harder than ever in order to achieve the same quality as the rest of the group.

It makes sense that this might make you think, “Wait! Maybe I'm not as good as I thought I was.”

Impostor Syndrome (also known as the Impostor Phenomenon) takes place when highly-capable people doubt that they are as good as people say. There's a related (but opposite) phenomenon called the Dunning-Kruger Effect, where people with low ability tend to over-estimate their skills. Ironically, in one research project studying four ability groups ranging from very low to high, the high achievers were the only people who under-estimated their skill.

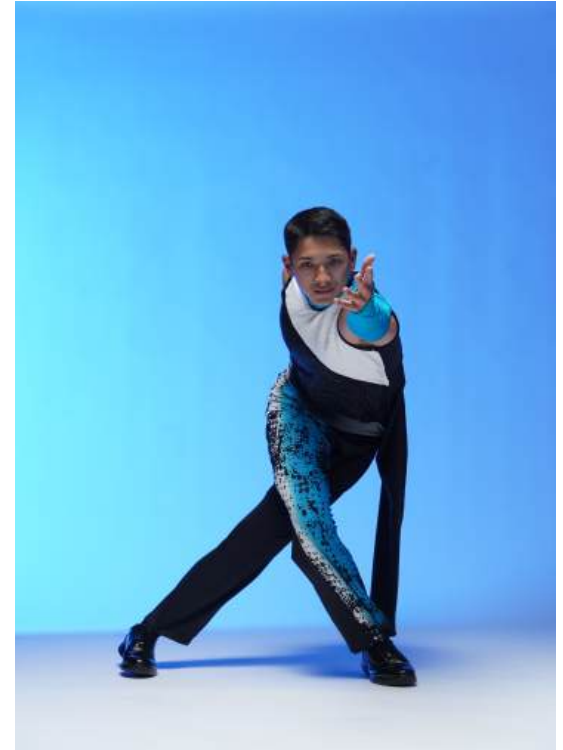
Most people experience some self-doubt when facing new challenges, but someone with impostor syndrome has a pervasive fear of being found out to not have what it takes.

Impostor syndrome isn't an official diagnosis, but psychologists and others acknowledge that it is a very real and specific form of intellectual self-doubt. Impostor feelings are generally accompanied by anxiety and, often, depression. Most people with impostor feelings suffer in silence—because part of the experience is that they're afraid they're going to be found out.

The impostor syndrome and perfectionism often go hand in hand. People with these feelings think everything they do has to be done perfectly and they often go through self-torture to make it so. Then they start to believe that self-torture is essential to their success. They don't have any idea it's possible not to feel so anxious and fearful all the time.

That level of perfectionism can lead to two typical (often simultaneous) response patterns: the tendency to avoid and the tendency to over-exert. If you find yourself feeling like this, it is important to know that you can do something about it and that you can learn to enjoy your accomplishments. Here are some important things to know:

- Impostor feelings are both normal and irrational.
- They are more common among people who are embarking on a new endeavor.
- They are more common in high achievers and in families or groups that place a big emphasis on achievement.



PERFORMANCE & MENTAL HEALTH



HIGH ACHIEVER TENDENCIES

Research shows high achievers tend to be more sensitive or “excitable” with a unique mix of traits:

- **Intellectual Overexcitability** – these people are curious, questioning, and sharp. They want to ask questions and go deep into interesting topics and talk about theoretical concepts. They are able to grasp those concepts faster than most.
- **Imaginational Overexcitability** – these people live in their imaginations, they often daydream, doodle, or otherwise occupy their minds and it can be very difficult for them to stay focused.
- **Sensual Overexcitability** – these people receive more input from their senses than most. They have strong reactions to sounds, light, textures, tastes, etc. This reaction could be positive – with a strong desire to continue the experience, or negative – with a strong desire to avoid it.
- **Psychomotor Overexcitability** – these people have a lot of excess energy that might manifest as fidgety behavior, rapid or excessive talking, and overactive physical behavior. This can often be misidentified as ADHD.
- **Emotional Overexcitability** – these people might appear overly dramatic or out for attention. In most cases, though, these people just feel emotions (whether positive or negative) more intensely.

Adapting to, and blending in with, a group of “overexcitable” high achievers can be a real challenge. The good news is that it has been a normal part of group formation for The Blue Devils for decades and your staff are experts at blending these unique areas of “overexcitability” into a cohesive group of spectacular performers!

You made it this far and you are now with the best people in the business. They know how to sort out high achievers from so-called impostors and they chose you to be a member of The Blue Devils. Trust them to do their job to the best of their ability while you focus on doing your own job to the best of your ability.

- *Recognize your expertise.*
- *Remember what you do well.*
- *Switch your focus from perfection to consistent excellence.*
- *Take good care of yourself and use the tools you will be offered.*
- *Talk to someone who can help.*

MANAGING MENTAL HEALTH

Do you have questions or want to learn more about your performance skills or mental health? You can schedule a meeting with our **Performance Strategies Coordinator, Shirley Dorritie**. Contact her at shirleyd@bluedevils.org or ask a member of the H&W team to set one up. You will also learn to develop a variety of mental skills – including concentration and focus, monitoring intensity and how it impacts your performance, and stabilizing your nervous system and mood so that you can be at your best.

STRATEGIES FOR SLOWING DOWN & STABILIZING

1. TO PERFORM WELL, BREATHE WELL! The most effective way to stimulate the vagus nerve and trigger a stabilizing response in your body is to inhale and exhale through THE NOSE.

- To balance your nervous system, use a **BALANCED BREATH**: Equal length inhalation and exhalation.
- To lower the alarm and relax, use a **CLEANSING BREATH**: Longer exhalation than inhalation. This lowers the alarm response and maintains a healthy level of carbon dioxide in the blood, which helps you relax.
- To help motivate and support action, use an **ENERGIZING BREATH**: Longer inhalation than exhalation. This brings in more oxygen – therefore more energy—and helps motivate and support action.
- To balance both hemispheres of the brain and your nervous system, use **ALTERNATE NOSTRIL BREATHING** (below) with a **BALANCED BREATH** gradually extending the exhalation longer than the inhalation.

2. LEFT/RIGHT BREATHING. Although it is usually outside of our awareness, our breathing alternates between nostrils over periods ranging from a few minutes to a few hours. This is usually based on our activities and our relationship to gravity (the highest nostril usually dominates). By gently closing off one nostril you can purposely activate the following properties:

RIGHT NOSTRIL BREATHING

- Stimulates the sympathetic nervous system, which activates and intensifies your experience.
- Stimulates the left hemisphere of the brain.
- Increases verbal performance.
- Increases the heart rate.

1. Fold down the index and second finger of your right hand. Take a deep soft inhale through both nostrils, then exhale completely.
2. Gently close your left nostril using your ring finger. Inhale and exhale slowly and soundlessly through your right nostril for 3 to 5 breaths, using your preferred breathing pattern.

LEFT NOSTRIL BREATHING

- Stimulates the parasympathetic nervous system, which calms and lowers the intensity of your experience.
 - Stimulates the right hemisphere of the brain.
 - Increases spatial performance.
 - Decreases the heart rate.
1. Fold down the index and second finger of your right hand. Take a deep soft inhale through both nostrils, then exhale completely.
 2. Gently close your right nostril using your ring finger. Inhale and exhale slowly and soundlessly through your left nostril for 3 to 5 breaths, using your preferred breathing pattern.

ALTERNATE NOSTRIL BREATHING

- Balances both branches of the nervous system and both hemispheres of the brain. Begin by doing 3 to 5 cycles. Then gradually increase as you are comfortable.
1. Fold down the index and 2nd finger of your right hand. (Or rest them on your forehead). Inhale deeply through both nostrils.
 2. Part 1 of the cycle starts on the exhale: Gently close your right nostril with your thumb. Exhale and inhale slowly and thoroughly through your left nostril.

MANAGING MENTAL HEALTH

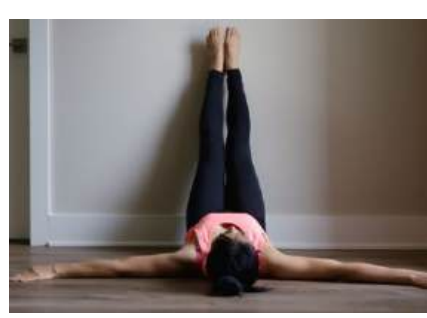
3. Part 2 of the cycle starts on the exhale: Gently close your left nostril with your ring finger and open your right nostril by removing your thumb. Exhale and inhale slowly and thoroughly through your right nostril.
4. Repeat the cycle: Gently close your right nostril and open your left nostril. Exhale and inhale through your left, etc.

3. RELAX YOUR FACE, EYES, AND TONGUE. Your eyes are the first to receive emotional signals and then trigger a reaction. Relaxing the eyes and face begins to relax the whole body.

- Rub your palms together to generate some heat. Then place them over your eyes, resting your fingertips on your upper forehead.
- Allow your eyes to soften, relax your jaws, and release your tongue.
- When you are ready, slowly draw your fingertips down your face, gently pulling your skin downwards towards your jawline. Go gently over your eyes, and then increase the pressure as you move from your upper cheekbones downward to your jawline.
- Repeat until you feel relief.

4. TAKE SOME SLOW & EXTENDED FORWARD FOLDS, STRETCHES, AND SPINAL TWISTS.

Breathing deeply into the area of your lungs that is uppermost in the shape. Below you'll find examples that can be done in a variety of settings, with whatever props you have.



MANAGING MENTAL HEALTH

5. BUTTERFLY PATS. Cross your arms in front of you and rest your hands on opposite shoulders. Gently alternate a pat on each shoulder in a consistent rhythm. 60 or 80 beats per minute or sub-rhythms (30 or 40 bpm) is most effective.

6. BREATHE AND SQUEEZE. Discreet and more powerful than it appears because it stimulates the release of calming endorphins into your bloodstream. A good one to use regularly.

- Take a few deep balanced breaths. Hold one arm securely with the opposite hand, gently squeezing the tissue between the skin and the muscle. Repeat on the other side. You can do this with your head and face and legs as well.

7. SHAKE IT OFF LIKE A WET DOG. This is a great way to shake off excess energy and refocus the body and brain.

- Just as a dog would shake off water, take a big yawn to stretch your face, then shake your body from the top of your skull all the way down to the tip of your tail, then go back up from your tail to your head.

8. ROCK YOUR BODY SLOWLY, FROM FRONT-TO-BACK OR SIDE-TO-SIDE.

9. THINK IN THE PRESENT TENSE AND SAY IT THE WAY YOU WANT IT!

10. REPEAT YOUR FAVORITE CALMING WORD ALIGNED WITH BALANCED/CLEANSING BREATHS.

- Examples: Calm; Committed; Concentrated; Confident; Consistent; Focused.



MANAGING MENTAL HEALTH

BOOSTING ENERGY & ELEVATING MOOD

Get upside down! Inversions flush the adrenal glands, alter the flow cerebral spinal fluid, and allow fresh blood to cycle throughout the tissues and organs of the body. This nourishes brain cells with more oxygen and stimulates the release of the neurotransmitters and endorphins that immediately improve focus, boost energy levels, and elevate mood. Here are some suggestions:



ALLOW YOURSELF TO RECOVER AFTER EXERTION

Whenever possible, actively “cool down” after run-throughs, rehearsals, and performances. This will release the excess adrenaline in your system and dramatically lower the amount of stress and intensity that accumulates in your mind and body over time. It will also greatly enhance your self-regulation skills and give you a chance to practice them.

1. Regain your breath and stabilize your heart rate.
2. Apply your favorite recovery and self-regulation strategies from the previous page. Include some or all of these:
 - **Shake it off like a wet dog**
 - **Gradual equalization of inhalation and exhalation (BALANCED BREATH), gradually extending the exhalation longer than the inhalation (CLEANSING BREATH)**
 - **Butterfly pats**
 - **Breathe and squeeze**
 - **Relax your face, eyes, and tongue**
3. Follow with the slow and extended forward folds, stretches, and spinal twists shown above – breathing deeply into the area of your lungs that is uppermost in the shape.



MENTAL HEALTH FIRST AID

MENTAL HEALTH DISTRESS

It is not uncommon to feel stressed and anxious at times over the summer. However, when the tools and techniques we provide aren't doing the trick, it may be time to get additional help.

Here are a few warning signs of mental health distress that you should watch out for in order to get the right assistance ASAP. Please contact Shirley Dorritie or a member of the Health & Wellness team to arrange for a consultation or referral if you notice any of these warning signs:

- Having trouble functioning properly in daily life.
- Feeling very sad, withdrawn or unmotivated (for more than two weeks).
- Overwhelming fear with a racing heart or fast breathing.
- Always feeling worried, stressed out, and anxious.
- Extreme difficulty in concentrating or staying still.
- Having sudden and frequent outbursts of intense anger or distress.
- Socially withdrawing and isolating more and more.
- Feeling disconnected or detached.
- Feeling worthless and extremely guilty almost all the time.
- Experiencing extreme and intense mood swings.
- Drastic changes in your personality, thoughts, hygiene, and behavior.
- Noticing drastic changes in appetite and weight.
- Having trouble sleeping – either sleeping too much or too little.
- Frequently having suicidal or self-harming thoughts.
- Out-of-control or risk-taking behaviors including excessive use of drugs or alcohol.



MENTAL HEALTH PROVIDERS

The National Council for Behavioral Health –
www.thenationalcouncil.org/providers/?region

Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

Substance Abuse and Mental Health Services Administration –
www.samhsa.gov/find-help

SAMHSA provides information on mental health services and treatment centers through an online service locator. You can search by your location, whether or not they provide services for youth, payment options (private insurance, cash, or something else), languages spoken, etc.

Therapist Directories –

www.choosingtherapy.com

www.psychologytoday.com/us/therapists

MINDFULNESS & MENTAL HEALTH APPS

- [Insight Timer](#)
- [Smiling Mind](#)
- [Healthy Minds Program](#)
- [Ten Percent Happier](#)
- [Headspace](#)
- [The Mindfulness App](#)
- [Calm](#)

MENTAL HEALTH FIRST AID

CRISIS RESOURCES

If you start to feel the warning signs of mental health distress, contact a member of the H&W team immediately, or call 911 or one of the crisis resources below.

NATIONAL SUICIDE PREVENTION LIFELINE

Call or Text 988

- This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7 days/week.

CRISIS TEXT LINE

Text "MHFA" to 741741

- Available 24/7, 365 days a year, helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

LIFELINE CRISIS CHAT

- Chat online with crisis centers around the US.

THE TREVOR PROJECT

Call 866-488-7386 or Text "START" to 678678

- Trained counselors available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQ+ community.

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION'S (SAMHSA) DISASTER DISTRESS HELPLINE

Call 1-800-985-5990 or text TalkWithUs to 66746

- SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

ADDITIONAL RESOURCES

MENTAL HEALTH FIRST AID USA

www.mentalhealthfirstaid.org/mental-health-resources/

The Mental Health First Aid website has additional resources related to the most common mental health disorders.

CHILD WELFARE INFORMATION GATEWAY'S MANDATORY REPORTERS OF CHILD ABUSE AND NEGLECT: SUMMARY OF STATE LAWS

childwelfare.gov/systemwide/laws_policies/state/index.cfm

This summary will also tell you whether you are required to report by law and specific statute information for a particular state.



SAFETY POLICIES & PROCEDURES

PROACTIVE AWARENESS OF A LIGHTNING THREAT

Lightning is a deadly hazard and can strike even if rain is not falling. It is imperative that all staff and members know the appropriate locations for safe refuge. Safe refuge is a sturdy, fully enclosed building. Tour buses and vehicles are also safe, and buses can be parked adjacent to rehearsal space in advance if lightning is possible.

Examples of locations that DO NOT meet safe refuge criteria include: food or souvenir trailers, under metal bleachers, ball field dugouts/batting cages, covered bench areas, storage sheds, under a canopy, tent or awning.

A staff person will be responsible for monitoring lightning when thunderstorms are forecast. This person will have the authority to end outdoor activities immediately and move everyone to shelter without delay. Head indoors at the first flash of lightning or clap of thunder, no matter how far away.

Everyone should be INSIDE safe refuge by the time lightning reaches 8 miles from your location. There may be times when first lightning strike occurs within 8 miles. In these instances, everyone should move quickly to safe refuge. Remain in safe refuge until lightning is beyond 8 miles, is moving away from your location, and no additional lightning is moving towards you. Allow 30 minutes to elapse with no lightning within 8 miles before resuming outdoor activities.

ETHICS ONLINE TRAINING

You will be required to watch and acknowledge BDPA ethics online training as well as DCI online training. You will need to complete these courses in order to participate this season.



CODE OF CONDUCT

PURPOSE OF THIS DOCUMENT

This document compiles the regulations, policies, and procedures that apply to all participants, board, staff, volunteers, and contractors of any program or activity, including but not limited to an event, rehearsal, camp, operating under the umbrella of BD Performing Arts (“BDPA”). BDPA’s objective is to develop the personal character of young people between the ages of 8 and 22 by offering high quality educational and performance experiences in the areas of musical and dance performance. We do this through challenging physical, emotional, mental, and social activities while promoting the values of dedication, hard work, and commitment to a team effort. The information and policies contained in this document center around ensuring a standard of excellence, innovation, enrichment, inclusion, and safety that are essential to the experience in any BDPA program or activity. This document is a comprehensive and current set of guidelines and standards, and as such it is subject to change at any time and without notice.

BDPA COMMITMENT YOUTH PROTECTION

BDPA has adopted policies aimed at eliminating opportunities for abuse, bullying, harassment, and discrimination within the Organization’s numerous programs. The main purpose of BDPA’s Code of Conduct is to protect children and young adults from harm while participating in BDPA programs and services, whether from adults or other participants. Throughout the following policy, employees, staff, contractors, or volunteers working with any program or service of BDPA will be referred to as (“Adults”, “Staff”, and/or “Personnel,”) and any student, member, or participant will be referred to as (“Participants”). When referring to any combined Adult/Personnel, and/or Participant will be referred to as (“Individual” or “Person”). Sexual misconduct, including sexual harassment, non-consensual sexual acts and/or contact, sexual exploitation, and stalking, is strictly prohibited.

1. NON-DISCRIMINATION STATEMENT

BDPA is committed to providing an inclusive and welcoming environment for all of our personnel, participants, and the greater community. Programs at BDPA do not and shall not discriminate on an unlawful basis, including race, color, religion, sexual orientation, gender identity, mental or physical disability, national origin, ancestry, or ethnicity. As a member-based organization, all casting decisions will be artistically-informed and in consideration of skills listed in Section “E”, as well as the health/safety of the potential participants and BDPA personnel.

PARTICIPANT SKILLS

There are many skills necessary for participants to be selected and involved in BDPA programs. Participants are selected for each program based on required skills and health/safety of participants. A list provided, but not limited to, is below. Please note that some programs, specifically C Corps and Special Needs Guard, because of age and neurodiverse acceptance, may have unique criteria and may be exempt from some or all of these requirements based on the specific objectives of that program.

- Possess the strength, physical fitness, and stamina required to participate in our programs.
- Ability to move at a rapid pace and perform physical movements.
- Coordination to move and play a musical instrument effectively.
- Strength to play and move with heavy instruments or equipment.
- Ability to hold and carry heavy instruments and equipment safely.

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- Athletic coordination to use implements like flags and guard equipment.
- Coordination to use implements like flags and guard equipment while dancing and moving.
- Ability to dance and demonstrate movement flexibility at a level required for each program.
- Endurance to manage 16-hour days of rehearsals and performances.
- Maintain mental resilience and emotional stability to manage the demands of rigorous rehearsals, performances, and interactions with peers and adults.
- Ability to cope with stress, adapt to changing physical situations, and maintain focus and composure during challenging days, rehearsals, and performances.
- Willingness to seek support and communicate with staff if experiencing mental or emotional challenges that impact participation.

2. WHISTLEBLOWER POLICY

A. BDPA CODE OF ETHICS SUMMARY

BD Performing Arts (BDPA)'s Code of Ethics requires the personnel and participants of BDPA and its affiliates to act ethically, practice honesty, adhere to our core values, and comply with all applicable laws, regulations, ordinances, and BDPA internal policies. This document will outline those behaviors and procedures as expected of all individuals participating with a BDPA program, camps, and educational events.

BDPA hopes that all will feel free to raise concerns within BDPA. To facilitate reporting, BDPA has established a mechanism for the confidential and anonymous submission of such concerns, which provides BDPA the opportunity to investigate and address potential violations of policy, law, or ordinance. BDPA encourages persons to report without anonymity to the extent they are comfortable doing so in order to assist the investigative process. Retaliation against any Person reporting or assisting a Person who has reported is strictly prohibited.

B. WHISTLEBLOWER POLICY AND REPORTING

Every BDPA personnel and participant has an obligation to report issues of misconduct. Whistleblower reports can be made to a caption head, program manager, or with the BDPA Ethics Committee. Depending on the type of report and the level of severity, the Direct Supervisor, the Director of HR, or the Ethics Committee is fully empowered to investigate each reported concern.

BDPA includes a confidential method for reporting to the Ethics Committee directly via webform submission at bluedevils.org/about/policies/submit-a-report or via email at ethics@bluedevils.org. In addition, reports may be made through the Ethics hotline at **(925) 359-9479**. Members of the Ethics Committee monitor all reporting methods listed above.

Should a member of the Ethics Committee be potentially involved in the reported issue, such issue shall be reported to the Board of Directors President.

CODE OF CONDUCT

C. MODES OF REPORTING A CONCERN

The health and safety of our participants and personnel is of the utmost importance. You can report any concern in the following ways:

- Speak with your caption head or program manager
- Email ethics@bluedevils.org
- Call the ethics hotline at **(925) 359-9479**
- Report anonymously on our website at bluedevils.org/about/policies/submit-a-report

3. PROHIBITED FORMS OF MISCONDUCT & SEXUAL MISCONDUCT

The organization's policies and behavior guidelines center around treating each other with kindness and prohibits any physical, emotional or sexual misconduct, which includes harassment, non-consensual conduct, exploitation, bullying, and stalking. By definition, Sexual harassment is severe or pervasive unwanted or unwelcome sexual conduct that creates a hostile environment. It encompasses a broad spectrum of behaviors, as described below and is a form of discrimination. Should you encounter a situation involving one of the following forms of harassment, we ask that you report it immediately to your section's caption head (if a participant), program manager, supervisor, and/or the ethics committee. **Discovery of any of the below actions or behaviors can result in dismissal from the program and forfeiture of paid fees.**

A. SEXUAL HARASSMENT

Verbal Harassment – Verbal harassment may include personal questions, dirty jokes, repeated requests for intimate contact, or any kind of audible commentary about someone else, like whistling.

Visual Harassment – Visual harassment includes looking at someone in a way that makes them uncomfortable like, ogling, staring or making faces. Visual harassment is also showing inappropriate or not-asked for photos or videos, flashing, or lewd exposure; intentional or not.

Written Harassment – Written Harassment includes everything covered under verbal harassment that is written and specifically includes obscene, explicit, or pornographic statements, words or visual images expressed in any manner on paper, text messages, or t-shirts.

Harassment by Touching – Harassment by Touching is any time you violate someone's space without their consent. Examples include patting/grabbing, pinching, caressing, kissing or violating space. Touching becomes harassment when someone uses opportunities such as marching/rehearsing in close proximity to repeatedly make someone uncomfortable and/or touch them inappropriately.

Harassment by Power Imbalance – Harassment by Power Imbalance is when someone uses their position, privilege, knowledge, age, peer pressure, or physical size to coerce someone into doing something sexual they don't want to do.

Quid Pro Quo – Quid Pro Quo means “this for that” and is when someone in a position of power or authority over the other person, offers something to another person in exchange for sexual favors. These could be positive favors, as in “I'll give you preferential treatment if...” or negative favors, as in “Do this or else.”

Harassment by Force – Harassment by Force includes physical assault or taking advantage of incapacitation or intimidation which leads to sexual assault. A Person who is intoxicated or incapacitated cannot give consent.

Harassment by Threats – Harassment by Threats involves making verbal or written threats to intimidate, coerce, or instill fear in someone. This can include threatening harm to the individual or their loved ones, threatening to expose private information, or creating a hostile environment through fear. Such threats can be explicit or implicit and can cause significant emotional distress or fear for personal safety. All acts of harassment can escalate to include harassment by fear if threats are involved.

Stalking – Stalking is engaging in the course of conduct directed at a specific person that would cause a reasonable person to (A) fear for their safety or the safety of others; or (B) suffer substantial emotional distress. Stalking includes conduct that occurs via electronic communications, including social media (i.e., cyberstalking). Acts of harassment can escalate to become stalking.

B. BULLYING AND HAZING

Bullying – Bullying is repeated and/or severe behavior(s) that are aggressive, and intended or likely to hurt, control, or diminish the person emotionally, physically, or sexually. Bullying incidents usually involve a power difference, either physical or social. Bullying, like harassment, can also be based on (“because of”) a Person’s race, national origin, religion, gender identity, sex, disability, or color.

The CDC identifies four types of bullying:

- **Verbal** – using words and insults, intimidating, teasing, or threatening harm.
- **Social** – harming someone through manipulation of their peer relationships through rumors, isolation, and embarrassment.
- **Physical** – which includes hitting, kicking, tripping, or general physical aggression.
- **Damage to Property** – either the action of damaging or threatening to damage someone’s personal property.

Cyber Bullying – Cyberbullying includes spreading rumors and making mean or hurtful comments online, taking or circulating unwanted pictures, and stealing account information to post as damaging material as another Person.

Hazing – Hazing is conduct that subjects another person-physically, mentally, emotionally or psychologically-to anything that may endanger, abuse, humiliate, degrade, or intimidate the person as a condition of joining or being socially accepted by a group, team, or organization. The “consent” of the Person subject to hazing is not a defense.

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C. OTHER MISCONDUCT

Grooming – Unfortunately, many professions that focus on children and youth can be targets for sexual predators. There are people who will volunteer or find work in areas where they can have access to children and youth. When someone seeks out a child or youth, usually it is someone who the predator has identified as vulnerable, such as Persons with emotional, familial, or social voids or difficulties in their lives. These adults' step in to help fill this role, but with malicious intentions. They will earn the trust of the child and their guardian and become increasingly familiar with the child and guardian, usually in the guise of being super helpful. They will earn the trust of the other adults in the program, making it difficult to believe that there could be anything wrong with what they are doing.

Grooming is what the actions of a predator who singles out a child or youth, treats them in special ways, making them feel like they are loved above everyone else, and isolates them from other adults who could help them are called. Grooming behaviors look like giving special gifts or favors to one child only. It also may also include making sure they are the only adult who works with that youth, so they begin to replace the parent as the go-to adult in that child's life. Once they get the child or youth to break a few rules, the youth typically sees very little chance of stopping inappropriate behavior or abuse because they think they will get in trouble, too. The vulnerable youth will also care a great deal for the predator, as this is someone who has made them feel special and cared for.

Please report any suspicious behavior, like personnel meeting one-on-one with youth, giving gifts to individual youth, or being extra possessive or protective of a particular youth.

Emotional Misconduct – Emotional misconduct includes Verbal Acts, like yelling or name-calling, Physical Acts, like throwing equipment or punching walls, and Acts that Deny Attention or Support, like limiting water or snack breaks or giving someone the silent treatment. This kind of misconduct rarely happens only once.

Physical Misconduct – Physical misconduct can be broken down into Contact Violations and Non-Contact Violations. Contact violations are things like hitting, or slapping someone, or using equipment to hurt them. Letting a participant practice when injured without clearance from the health team is also considered a contact violation.

Non-Contact violations include things like isolating someone in a small space alone, withholding water, snacks, medical attention, or sleep, or providing drugs or alcohol to the participants. Along with being physical misconduct, most of these violations may also be criminal acts.

BDPA Personnel must always keep Mandatory Reporting Obligations in mind.

D. SEXUAL ASSAULT

Definition of Consent – Consent is informed, knowing, voluntary, active, and clear words indicating permission for a requested behavior. Consent is not permanent. Once given, it can be taken away at any time for any reason. An intoxicated, impaired, or incapacitated Person, or a Person below the age of consent, cannot give consent for sexual acts.

Sexual Assault – Sexual Assault includes physical or sexual acts perpetrated against a person's will or where a person is incapable of giving consent because of his or her temporary or permanent mental or physical incapacity, because they are below the minimum age of consent, or because they are incapacitated due to the use of drugs and/or alcohol.

Sexual Exploitation – Sexual Exploitation includes taking sexual advantage of another person for the benefit of oneself or a third party without consent. This includes, but is not limited to, sexual voyeurism, indecent or lewd exposure, recording any person engaged in sexual, private, or intimate activity in a private space without that person's consent, distributing personal sexual information, images, or recordings, or inducing incapacitation in another person with the intent to engage in sexual conduct.

4. ADULT POLICIES FOR YOUTH PROTECTION

A. INTRO

These BDPA policies apply to all Adults. The policies are based on federal and state laws and regulations and focus on keeping our community protected and positive. The policies center around treating each other with kindness and prohibit any physical, emotional, or sexual misconduct, which includes harassment, non-consensual conduct, exploitation, bullying, and stalking as defined above.

The following policies are in place to keep All individuals safe while they are with us in person as well as online.

B. ONE-ON-ONE RESTRICTIONS

As a condition of employment, participation, or as a vendor/contractor, all Personnel, by reading and acknowledging this Code of Conduct policy of one-on-one interactions, agree to abide by the restrictions discussed below. These policies are designed primarily for the protection of the participants; however, they also serve to protect the personnel from false accusations of abuse.

All Personnel must comply with the following BDPA Policies regarding permissible conduct and applicable restrictions relating to interaction between all individuals at BDPA:

Two-deep Interaction – At least two BDPA personnel, one of whom must be 21 or older, must be present at all BDPA gatherings, communications, activities, and events.

One-on-One Interactions – One-on-one private meetings between personnel and participants are only permitted in situations that require personal attention, such as private conferences or an individual meeting to address a participant's concerns may be necessary on occasion. During such meetings, the following guidelines must be observed:

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- The meeting is to be conducted in view of other adults, and/or participants and easily observed
- Where possible, an individual meeting should take place in a publicly visible and open area, such as in the corner of a building or field.
- If the meeting takes place in a room the door should remain open and unlocked.
- If a closed-door meeting is necessary, the adult should inform another adult to ensure acknowledgment of the meeting and that the door remains unlocked.

Individual Training Sessions – When necessary or requested, training sessions are allowed. If the Participant is over 18 they should sign a written release and if the Participant is under 18 parent/guardian written consent must be obtained and a parent/guardian encouraged to attend individual training sessions.

Safety Rule of Four – No fewer than four individuals, two adults and two participants, may participate in an event organized by BDPA except in the event of an emergency.

C. PERMISSIBLE PHYSICAL CONTACT

Appropriate physical contact between participants and personnel is a productive and inevitable part of the marching arts. Participants are more likely to acquire advanced skills and enjoy their participation in the activity through appropriate physical contact. At BDPA, we believe some level of physical contact between participants and personnel can be appropriate, such as in the case of instruction, celebration, or consolation of a participant who has been injured.

The 4 Elements of Permissible/Appropriate Physical Contact in Training and Instruction:

- The physical contact takes place in public.
- There is no potential for, or actual, physical, or sexual intimacies during the physical contact.
- The physical contact is for the benefit of the participant and not to meet an emotional or other need of an adult.
- The physical conduct is for teaching purposes during a public rehearsal

Examples of Appropriate/Permissible Contact with Participants:

Safety/Skill Acquisition – Spotting a participant so that they will not be injured by a fall, instrument, or piece of equipment, or positioning a participant's body so that they more quickly acquire performer and musically related skill.

Celebration – Greeting or congratulatory gestures such as high-fives, fist bumps, and brief hugs, “jump-arounds” and pats on the back for an accomplishment.

Consolation – Embracing a crying participant, Side Hugs to calm down an participant, Lifting a fallen participant off the ground to encourage them to continue participation.

Prohibited forms of physical conduct of Staff/Volunteers with Participants:

- Lingering or repeated embrace that goes beyond acceptable physical touch
- Tickling, horseplay and wrestling
- Continued physical contact that makes a participant uncomfortable

D. SOCIAL MEDIA

Social media includes but is not limited to Facebook, Twitter, Instagram, Snapchat, Tiktok, etc. The organization may create official social media accounts which may connect with other individuals and include extended family members for the purpose of official organization communications about activities, motivation, team building, and answering posts.

Personnel should not engage with youth participants on social media platforms outside of the organization's official social media groups and handles while involved in a BDPA program unless they are related to the participant. Adults may only accept friend requests from Participants over 18, but they may never initiate a request. Once the friendship connection is made, the adult should never engage, like, or respond to a current participant in any way online. It's not personal. All of these policies have been established for your protection. BDPA adheres to a zero-engagement policy with social media.

E. EMAIL, TEXTS AND INSTANT MESSAGING

The majority of situations of abuse happen through one-on-one private communications. BDPA has developed a communication platform and database that we strongly encourage all personnel to use to prevent abuse. This platform tool saves all communications for protection of all involved. In situations where this is not realistic or feasible, an individual may communicate via email, text, or instant message, if the communication is only about official organization activities. We strongly encourage adults to follow the Two-Deep Interaction previously discussed in section "B" for digital communications as well. For anyone under 18 years old, one or more parents/guardians of the minor participant must be copied on all such communications sent by the adult.

BDPA has four forms of approved official communication between participants and adults:

- BDPA Chat App. This is the favorable way to communicate
- BlueCloud broadcast text and email messages
- BDPA emails (@bluedevils.org) we encourage you have a 2-to-1 ratio
- Text messages we encourage you to have a 2-to-1 ratio.

This is the least favorable way to communicate.

F. SOCIAL GATHERING

A clear separation between personnel and participants is of the utmost importance. That is regardless of their age and regardless of your age. Our policies must be followed with every interaction you have with current participants.

- BDPA may organize social events for current participants where adults will be in attendance. All BDPA rules and policies will be in effect at such events and behavior must conform to all standards and expectations. At any event and or at no time should any personnel provide alcohol, prescription drugs, or illegal drugs to a participant.
- BDPA restricts personnel from attending or organizing Non-BDPA sanctioned social events where there are current participants present.

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G. PROHIBITION OF CONSENSUAL RELATIONSHIPS AND SEXUAL ACTIVITY

No one working or volunteering for this organization, may date or personally fraternize with any current Participant of any program, regardless of age.

Consensual romantic or sexual relationships and sexual activity of any nature between BDPA personnel and Participants, regardless of their ages, are strictly prohibited. This prohibition extends through the full tenure of a participants' involvement in BDPA activities.

H. CONSTRUCTIVE DISCIPLINE

We believe discipline used in BDPA should be constructive and reflect high values. Corporal punishment of any kind is never permitted. If you feel that is happening with a section leader or personnel, please report it to your program manager or the ethics hotline immediately.

J. ACCOMMODATIONS

Participant Sleeping Areas – At no time is one Personnel allowed to be in any Participant's room with the door closed. There must be a minimum of two Personnel at any time.

Private Staff-Only Sleeping Areas – If you are participating in a touring group, there may be occasions when teaching and support staff may sleep somewhere on campus or even in the same building as participants. Participants are not allowed to enter private personnel-only hotel rooms, vacation rental rooms, school facility rooms, dorm rooms, or vehicles. If you observe or become aware of a staff or volunteer inviting a Participant into an adult-only space, please report them immediately.

Supervision of overnight stays – Coed overnight activities require male and female management team, both of whom must be 21 years of age or older and they must be familiar with this document and have agreed to its terms. No participant will share sleeping facilities with one adult unless the adult is the participant's parent or legal guardian.

J. STAFF SHOWERS

In the event a program is housed at a facility with locker rooms or group showers, Personnel and Participants will not shower at the same time.

Most facilities do not have separate personnel and participant locker rooms. A schedule for each showering group will be announced and posted daily. Please wait until the scheduled group is finished and respect their privacy. More details on Shower and Locker Room Schedules and Procedures can be found in Section 8 of this document.

K. TRANSPORTATION BY PERSONAL VEHICLES

For trips using transportation organized by BDPA to and from BDPA functions, the adult must do the following:

- Designate a meeting place, date, and time.
- Establish a plan for making periodic checkpoint stops as a group along the route; and
- Plan daily destination points.

Requirements and guidelines for transportation with personal vehicles are:

- In non-emergency/non-medical situations, one-adult-to-one-participant travel is prohibited unless the adult is the participant's parent or legal guardian.
- Drivers should have a valid driver's license, meet state insurance requirements, and operate a well-maintained vehicle in accordance with California state laws.
- For all vehicles, supervision by two adults is optimal.
- No driver providing transportation may ride alone with a participant. There should either always be at least two other participants or another adult in the vehicle unless otherwise agreed to in advance, in writing, by the parent/guardian of the participant.
- All drivers who are also the parents/guardians of a participant may provide shared transportation but should always pick up their own child first and drop him/her off last.
- All drivers should have the parent/guardian of under 18 participants sign a parental authorization.

J. HEALTH & WELLNESS PROGRAM

The Health & Wellness program emphasizes the importance of maintaining physical and mental well-being for all Participants. We require Adults to review and be familiar with health and wellness recommendations that cover various aspects such as heat illness prevention, hydration strategies, and lightning safety protocols that are **listed in the Participant Handbook and to review these issues with Participants**. Key components include but not limited to, adherence to the concussion protocol, which ensures proper assessment and management of head injuries. Nutrition plays a vital role in overall health, promoting optimal performance levels and mental wellness. We also strongly advocate First Aid and CPR training and for individuals to stay up to date with doctor/CDC recommended vaccinations to protect against preventable diseases. All these measures ensure a healthy environment for everyone involved. By prioritizing these elements, we aim to foster a safe and supportive atmosphere that enhances both performance and mental health

5. INCLUSION

A. INCLUSION AT BDPA

Our organization is a safe place to be. Many people come from all over the country and even other countries to come and be a part of this. We have people from different genders, ethnicities, and backgrounds, and that's part of what makes it so exciting to be here at BD Performing Arts. BDPA refrains from making judgments based on individuals' political affiliations, religious beliefs, sex, gender identity, national origin, race, color or disability. If you are ever feeling left out or unappreciated, please talk to us. Being included is one of the most important aspects of participating. All of us working together is what really makes this a great experience for us throughout the entire season.

B. SECRET GROUPS OR EVENTS

BDPA does not recognize any secret organizations or social groups as part of the organization. All activities of BDPA are open to observation by any individual or group of people.

C. LABELS

To foster inclusion, we do not weaponize terms like "rookie" or "vet". We are all performers in one ensemble striving for the same goals. We want everyone to get to know and make friends with one another, not just in your section but in the entire group. We are a total family that supports, accepts, and does not judge each other's beliefs or values..

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D. RACIAL AND ETHNIC DISCRIMINATION

BDPA has zero tolerance for racial or ethnic discrimination. Please report any incident where you experience racial or ethnic discrimination by:

- Other participants
- BDPA staff, contractors, or volunteers
- Other individuals outside of the organization that impact you

BDPA rejects all forms of racism, national origin, ethnic, and cultural discrimination, both individual and systemic, as these are destructive to our mission and in conflict with our core values. BDPA desires to advance an antiracist / ethnically inclusive culture for the entire organization. This includes taking concrete actions and steps to eliminate all expressions of racism within our organization. Together, we will work towards a community that is more diverse and more accessible to all, and where all voices are equally heard.

- **Establishing and sustaining** a community that shares the collective responsibility to confront, eliminate, and prevent actions, decisions, and outcomes that result from and perpetuate racism, national origin and ethnic or cultural discrimination.
- **Maintaining** a collective antiracist and ethnically inclusive identity within our community.
- **Embracing** the racial and ethnic diversity within our community, while prohibiting and actively working to eliminate practices that perpetuate the racial/ethnic disparities among our Personnel and Participants and members of the public.
- **Acknowledging** that racism and ethnic discrimination are often compounded by other forms of discrimination, and that we share a collective responsibility to understand these intersections and seek to eradicate them from our community.

E. GENDER AND SEXUAL ORIENTATION DISCRIMINATION

BDPA is 100% committed to hearing everyone's voice equally. No matter how you identify sexually or your gender expression, you are one of us, and you belong. Any issue that is brought to us will be taken seriously and handled with care.

F. PROHIBITION OF HATE GROUPS AND SYMBOLS OF HATE

Hate has no place at BDPA, and we understand that being antiracist means more than having the intention to be not racist, and instead, means implementing policy and taking action. Therefore, BDPA does not allow hate groups and hate symbols within our community. Association with hate groups, including the expression of solidarity with, praise for the actions or statements of, or coordination of support for these groups, is not allowed by any individual. Furthermore, content, images, and/or statements in support of, expression of solidarity with, praise for the actions of, or coordination of support for these groups appearing on BDPA' social media and other media platforms and websites is prohibited and will be deleted. Additionally hate symbols are prohibited within the BDPA Community including but not limited to:

- Public visibility on private property such as backpacks, binders, clothing, and other personal property visible at BDPA event or program operation
- On BDPA owned, operated, or leased vehicles
- At BDPA owned, operated, or leased facilities
- At BDPA public and private events
- BDPA's social media or other media platforms and websites



SUPPORTING BDPA

The strength of any community-based organization is determined by the connection and contribution of the people who comprise it. It is the ever-expanding circle of supportive family members, friends, neighbors, alumni, corporate sponsors, and fans that makes BDPA the one-of-a-kind organization it is!

Performers come from around the world, and their circle of support spans that distance as well. Alumni, parents, family, friends, and fans world-wide purchase media, books, and souvenir clothing at performances and via our online store. Supporters fit and maintain uniforms, and drive and maintain vehicles. This essential volunteer support at events and competitions we sponsor helps BDPA programs to thrive.

Tour fees, prize money, and proceeds from the BD Bingo operation provide only a fraction of the revenue needed to fund BDPA programs each year. As a public charity, BDPA is supported by gifts and grants from individuals, foundations, and corporations. You can find many donation opportunities under the [DONATE](#) tab at www.bluedevils.org.

HOW YOU CAN EXPAND OUR CIRCLE OF SUPPORT

Introduce your family, friends, neighbors, employers, and co-workers to BDPA:

- Invite them to a show or open rehearsal.
- Ask them to consider giving BDPA merchandise as gifts.
- Ask them to research if their employers have matching grants or donate funds to non-profit organizations.
- Invite them to volunteer their time for a “behind the scenes” project.
- Invite them to enroll in the [HungryFriend](#) app and select BDPA as their designated charity. It’s safe, secure, and comes at no additional cost.
- Ask them to enroll in eScrip at escrip.com using the BDPA ID #136588753

VOLUNTEERING WITH THE BLUE DEVILS

Volunteer involvement is very important. We especially need help in the following areas:

- **Camps** – Volunteers can help at camps in many ways, including helping with the meals that are served from our food trailer. This is a great way to meet other volunteers and members of the corps.
- **Transportation** – While BDPA will be chartering state-of-the-art coaches to transport the performers on tour, we also own several custom vehicles for staff, equipment, and a traveling kitchen. These vehicles need drivers for local shows and the summer tour. Many times, we also need help cleaning and maintaining the equipment. If you know of someone with a commercial license who would be interested in driving, please be sure to let us know.
- **Sewing and Uniform Maintenance** – Great care is taken in fitting a uniform to each individual member. If you know someone who can help with fittings, alterations, and general-maintenance sewing, please let us know.
- **Special Events** – We have many “day of” volunteer needs at our locally-hosted events and performances. If you know someone who would be interested, please let us know.

SCHOLARSHIPS & CONTINUED EDUCATION

BDPA SCHOLARSHIPS

BDPA is committed to offering our members quality education. We also emphasize the importance of continuing your formal education. All members who fulfill the requirements of the scholarship guidelines are eligible for the BDPA Scholarship (a \$500 educational expense scholarship awarded to three members). Applications are available any time and must be submitted by June 1.

Guidelines for the BDPA Scholarship:

1. Dedicated to the pursuit of competitive excellence through the disciplines of the arts.
2. Applicants must have participated in two competitive years in an actively competitive BDPA program prior to January 1 of the application year. Participation is defined as performing in at least one half of a program's competitive shows.
3. The recommendation of the applicant's unit manager is required. The applicant's commitment to the program (attitude, attendance, and other corps support) will be evaluated.
4. The applicant must be in good financial standing and must be current on all fees or dues that are payable to BDPA.
5. Preference will be given to applicants with performing arts majors and longevity in BDPA.
6. Applicants must be in their senior year of high school or already attending a college or university, or a trade school/vocational school specializing in performing arts, and enrolled in at least twelve (12) class units.
7. This information must be submitted by June 30 of the following year or the recipient will not be eligible for the award. Those who fail to meet these criteria will lose the award, but may reapply.

Scholarship(s) granted will be paid by check written to the recipient. The recipient must first provide verification of enrollment in twelve (12) class units as specified in #6 and must also have met the participation requirement as stated in #2.

The scholarship committee is free to award up to three \$500.00 scholarships depending upon the number of qualified applications. The scholarship committee may elect not to award any scholarships if no qualified applications are received.

The scholarship will be granted for one year only. Previous scholarship recipients are not eligible for a second award. All applicants will be notified of the outcome prior to the annual BD Family Day. Announcement of scholarship recipient(s) will be made at the Family Day performance.

SCHOLARSHIPS OUTSIDE BDPA

There are several scholarships available from outside organizations that you may qualify for, including:

- S.O.M.E Sponsors of Musical Enrichment Jim Ott Scholarship
- DCI Hall of Fame Leadership Scholarship awards
- Fred J. Miller Scholarship
- World Drum Corps Hall of Fame Scholarship

To find out what may be available and how to apply, contact admin@bluedevils.org.



bluedevels.org

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