



## Blazin' Brigade Guidelines concerning marching band uniforms for outdoor activities

The following guidelines will be followed to determine what type of uniform is worn and the duration the Full Uniform is worn. These are a supplement to the guidelines established by Valdosta State Athletics for outdoor practices.

### Definitions

#### Full Uniform

The Full Uniform for the Blazin' Brigade includes the bibs, jacket, shako (hat) and plume, gloves, black socks to at least mid-calf, black marching shoes, and spats with the band t-shirt and black athletic shorts worn underneath. The Guard and Blazettes wear a different uniform than that described in this definition.

#### Summer Uniform

The Summer Uniform for the Blazin' Brigade includes the band t-shirt, khaki shorts, athletic shoes, and band baseball cap.

#### Wet-Bulb Globe Temperature (WBGT)

The WetBulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and humidity and is calculated for shady areas. The US Army and Marine Corps originally developed this measure in the 1950s.

- definition from the National Weather Service

### Calculating WBGT

Wet Bulb Temperature (Humidity including Wind) ( $T_w$ ) • Globe Temperature Solar radiation (including Wind) ( $T_g$ ) • Dry Bulb Temperature (Air temperature) ( $T_d$ )

$$WBGT = 0.7T_w + 0.2T_g + 0.1T_d$$

The director may adapt the uniform based on the situation, time of day for the game, and weather trends and consultations with available medical personnel.

	When Kickoff is 2 hours or more before sunset	When kickoff is less than 2 hours before sunset
WBGT <82°	Full Uniforms may be worn	Full Uniforms may be worn
WBGT 82° - 86°	- Full Uniform should be worn no longer than 40 minutes. Less time is recommended based on physical exertion. - Regular intervals where Jackets and shakos are removed.	- Full Uniform should be worn no longer than 40 minutes. Less time is recommended based on physical exertion. - Regular intervals where Jackets and shakos are removed.
WBGT 87° - 89°	- Full Uniform should be worn no longer than 20 minutes. Less time is recommended based on physical exertion. - Jackets and shakos should remain off for as long as possible.	- Full Uniform should be worn no longer than 20 minutes. Less time is recommended based on physical exertion. - Jackets and shakos should remain off for as long as possible.
WBGT 90° - 92°	Summer uniform will be worn.	Decision made based on weather trends.
WBGT >92°	Summer uniform will be worn if performance occurs.  Note: For outdoor sporting events the conference has guidelines for extra cooldown/hydration breaks if this circumstance occurs.	Summer uniform will be worn if performance occurs.  Note: For outdoor sporting events the conference has guidelines for extra cooldown/hydration breaks if this circumstance occurs.

The following information comes from the Valdosta State University Athletic Department.

### Background

Humans are meant to operate at our optimal potential within a set body temperature. As this body temperature increases or decrease, our performance will be hindered as our bodily functions begin to decrease. And yes, when your bodily functions begin to decrease, you may become permanently debilitated or even die. Obviously, our geographic location makes overheating a very real possibility.

There are many measurements of heat stress. The more common ones are heat index and humidity. However, the best measure of heat stress on the human body is Wet Bulb Globe Temperature (WBGT). This measurement utilizes air temperature, humidity, solar radiation, and is measured in the sunlight. WBGT forecasts should be consulted when planning daily activities and should be checked before and during activity to determine if the activity should be modified. Any WBGT of 82° or higher means that heat illness is probable and activity modifications must be made.

### Prevention

It is important to convey the importance of regular rest breaks throughout practices for the participants to cool down and hydrate. During high WBGT environments, it is essential that all

#### **DEPARTMENT of MUSIC**

PHONE 229.333.5804 • FAX 229.259.5578 • WEB [www.valdosta.edu/music/](http://www.valdosta.edu/music/) • ADDRESS 1500 N. Patterson St. • Valdosta, GA 31698-0115

persons get water breaks within a shaded area every 20-30 minutes. It is important that students be allowed to find shade, as direct sunlight is a major factor in heat stress. This will not create mentally weakness but will instead increase adherence to learning and accomplishing goals.

The body has a thermoregulatory system which works quite similar to the radiator in your vehicle. Water is the key. A good rule of thumb is “Pre-hydrate, don’t dehydrate.” A general baseline for students to consider is consuming half their bodyweight in ounces of water. (E.g. A person who weighs 200 lbs. should consume about 100 fl. oz. of water.) A more accurate method to track hydration needs is to measure the student’s weight before and after activity. For every pound lost, the student-athlete should consume 20 fl. oz. (E.g. If a person loses 5 lbs during activity, they should consume 100 fl. oz. of water.) It is recommended that fluid replacement NOT include the use of caffeine or alcohol, as these can lead to dehydration.

Also, because of the extra work load placed on the body by the stress of the heat, fuel is important to keep the body going. All students should eat at least three well rounded meals every day. It is also important to get plenty of sleep and maintain a regular sleep/wake cycle.

Students who have medical conditions may have an increased risk from dehydration that could lead to life-threatening situations. If you know (or have concerns) your medical condition may be exacerbated by WBGT conditions, please inform the band director as soon as possible.

## **References**

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**PHONE** 229.333.5804 • **FAX** 229.259.5578 • **WEB** [www.valdosta.edu/music/](http://www.valdosta.edu/music/) • **ADDRESS** 1500 N. Patterson St. • Valdosta, GA 31698-0115