

## Health Policy

- A First Aid kit will be on-hand at all rehearsals, camps, and performances.
- If an incident occurs that requires first aid (for instance, a minor cut), then first aid will be administered on-site.
- If an incident occurs that requires more than first aid, then the member/staff/volunteer will be immediately transported to the newest hospital for treatment.
- There will always be a member/staff/volunteer on-hand who is CPR and/or First Aid certified.
- **Concussion Protocol:** If a member suffers a concussion, the team will follow proper medical advice.

## Safety Policy

- **Lightning Protocol:** If lightning is observed within the area of rehearsal, the team will immediately move indoors and/or a safe location.
- **Heat Index Protocol:** If the heat index is observed to be a level that is unhealthy or higher, the team will immediately move indoors and/or a safe location.
- **Hydration Protocol:** Bottled water will be provided at all rehearsals, camps, and performances. Members will be advised to hydrate as needed.

## Food and Rest Policy

### Food and Drinks

- Bottled water will be provided at all rehearsals, camps, and performances.
- For rehearsals up to 4 hours long, snacks will be provided.
- For rehearsals over 4 hours long, there will be a 1 hour lunch break. Members are responsible for providing their own meals for the lunch break.

### Rest/Breaks

- The Director will ensure that bathroom facilities will be provided at all rehearsals, camps, and performances.
- Indoor rehearsals/camps
  - There will be a break lasting at least five minutes for every hour of rehearsal.
- Outdoors rehearsals/camps
  - There will be a break lasting at least five minutes for every half-hour of rehearsal.
  - Members will be asked to move to shade.