**BAND CAMP TIPS AND POLICIES**

1. Drink water before, during, and after rehearsal. Water is best. Avoid sugary sports drinks or sodas. Use your Camelbak to stay hydrated during outdoor rehearsals.
2. Wear sunscreen and remember to reapply after sweating. Even sweat-proof/water-proof sunscreen sweats off and rubs off.
3. Eat a healthy breakfast before band. Avoid dairy products because they might give you a sour stomach during physical activity.
4. Only athletic shoes or your marching shoes are allowed on the marching field. Wear socks to prevent blisters and stinky feet. You may not march in bare feet or socks only. Athletic shoes designed for running or walking are ideal. Hi-tops, boots, sandals, deck shoes, “Bobs”, skateboard shoes, etc. are not acceptable because these do not allow correct marching technique and can lead to injury when trying to march correctly.
5. Dress in comfortable, light colored, breathable clothing. We realize you are dressing for the heat but modesty must still be used. Wear hats and sunglasses to block the sun. Long sleeves, long pants, and dark colors are not advised.
6. Be in your place with all equipment, ready to begin before the start time. Do not arrive at the RHS campus at the start time. Show up early enough to get all of your things together and get to the rehearsal location early.
7. When you receive your coordinates for the marching show, bring this coordinate sheet to every outdoor rehearsal. You will also need your dot book. You can buy a set of index cards on rings to use as your dot book. No extra copies of coordinates will be distributed. The files are available on the Charms website so that you may print out additional copies at home as needed.
8. For every indoor rehearsal, bring a pencil, your instrument, and all the music you have been given. Instrument maintenance must be done before or after rehearsal, not during rehearsal time.
9. If you take medication on a schedule, please bring it with you as needed. You may bring snacks to eat on our breaks if needed. Medical restrictions or special physical needs must be communicated to the directors in advance and indicated on the medical form.
10. All students are required to be in the band photo on “picture day”. Everyone will be fitted for a uniform for the photos. We will wear our full band uniform, minus the hat. These photos are used in the yearbook, programs, website, and other publications. Order forms will be provided at camp if you would like to purchase any photos. These must be turned in to the photographer with payment on “picture day”.