



Seattle Cascades Drum Corps
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2023

MEMBER HANDBOOK

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WELCOME TO THE SEATTLE CASCADES

Congratulations! You are now a member of Washington's oldest active nationally touring drum and bugle corps. The experience you will have with this organization will be unique and something you will remember for your entire life. The Seattle Cascades are part of a nonprofit organization dedicated to enhancing the lives of youth through the development of musical performance and leadership skills.

The Seattle Cascades Drum & Bugle Corps:

- Teaches self-discipline and responsibility through the hard work and dedication necessary to tour and perform for an entire summer.
- Allows members to grow and work together as a team by being committed to and working toward a common goal.
- Offers members the experience of traveling throughout the United States.
- Provides a strong foundation for personal development and leadership skills.

Due to the unique environment of this activity, we find that the touring group becomes a family during the summer. This large family is bound to be very diverse. We respect each person as an individual, encourage them to make the most of every opportunity, and help them make responsible decisions about their personal conduct.

It is our goal as an organization to treat each member as a responsible, intelligent young adult.

However, as with any family, there are guidelines that must be followed. This handbook will answer many questions about our organization and present our expectations and rules for the conduct of any individual who becomes a part of this organization.

All members must read this handbook. If you have questions that are not answered here or if something is unclear, please ask any instructor or staff member. Again, welcome to what we believe will be an experience that you will never forget!

OUR ORGANIZATION

The Seattle Cascades Drum and Bugle Corps is an activity of the Northwest Youth Music Association, a registered 501 (c)3 Non-Profit Organization. Our Federal ID is 23-7411558.

Physical correspondence can be sent to:

Northwest Youth Music Association

13717 Linden Ave. N #201
Seattle, WA 98133

BOARD OF DIRECTORS

The current NYMA Board of Directors are listed in the Contacts section of our Youth Protection Policy, Member Handbook, and online at <https://seattlecascades.org/board>. Our Board is elected annually.

You may e-mail the Board of Directors at board@seattlecascades.org.

2023 EXECUTIVE LEADERSHIP TEAM

The Executive Leadership Team are directly involved in, and accountable for the operation and management of the Seattle Cascades Drum and Bugle Corps. You may contact any member of the Executive Leadership Team through the following channels:

MICHAEL LEONE

Executive Director

michael.leone@seattlecascades.org

RAY SEVERNS

Corps Director

ray.severns@seattlecascades.org

JEREMY BENNETT

Operations Director

jeremy.bennett@seattlecascades.org

2023 CAPTION SUPERVISORS

It takes a small army to keep a World Class drum corps functioning smoothly. Our instructional staff are among the best and most sought-after educators from the Pacific Northwest and around the country. All our staff are dedicated to ensuring the best possible experience for our members.

MICAH BRUSSE

Percussion Caption Supervisor

micah.brusse@seattlecascades.org

JOEY RIORDAN

Brass Caption Supervisor

joey.riordan@seattlecascades.org

ANTHONY RIEDERER

Color Guard Caption Supervisor

anthony.riederer@seattlecascades.org

ROBERT BLAKE

Visual Caption Supervisor

robert.blake@seattlecascades.org

CONTACT US ONLINE

You can reach us online in a variety of ways. We actively monitor our online channels and will respond promptly to all questions or issues submitted.

PUBLIC E-MAIL:

- admin@seattlecascades.org
Tour Administrative Team
- info@seattlecascades.org
General questions and inquiries
- whistleblower@seattlecascades.org
All reports of harassment, abuse, unethical or illegal behavior.
- board@seattlecascades.org
The NYMA Board of Directors

PUBLIC WEB & SOCIAL MEDIA:

- <https://seattlecascades.org/contactus>
Lists all up to date forms of contact and provides a form to submit questions.
- <https://www.facebook.com/SeattleCascadesDrumCorps>
You can send us a private message through Facebook at any time.
- <https://twitter.com/sCascades>
Our Twitter account is **@sCascades**.
- <https://www.instagram.com/seattlecascadesdrumcorps/>
Our Instagram account is **seattlecascadesdrumcorps**.

CORPS POLICIES

Any time you are present with the corps, you must follow these guidelines, policies and procedures as they are explained in this handbook, and in our other policies and procedures, and your member contract. Misbehavior by a single member in the Seattle Cascades may disrupt the educational process. Further, misbehavior during activities may constitute a threat to the safety of the individual who misbehaves as well as to the safety of the other members. Therefore, as misbehavior places an unacceptable burden on all members of the Seattle Cascades, it cannot be ignored.

MEMBER SAFETY

Our Youth Protection Policy defines the specific expectations and requirements for all Members, Staff, Volunteers and Administrators. You are required to read, understand and sign this policy as part of accepting membership in this organization.

We are committed to taking all reasonable steps to provide a safe environment for our members and staff. Our Executive Leadership team will make every reasonable effort to promptly and completely address and correct any issues that may occur. Unless everyone shares an equal responsibility for raising any issues immediately with the appropriate individual, it is difficult achieve that goal.

We are committed to enforcing our policies at all levels within the organization. Any member, staff, or volunteer who engages in prohibited behaviors will be subject to discipline, **up to and including immediate termination and expulsion from the organization for a first offense.**

SOCIALLY RESPONSIBLE BEHAVIOR

All members of the Seattle Cascades are expected to conduct themselves in accordance with the normal principals of socially responsible behavior.

PHYSICAL VIOLENCE, HAZING, BULLYING, THEFT, VERBAL ABUSE, HARASSMENT OR PHYSICAL ABUSE OF OTHER MEMBERS OR STAFF, DRUGS, AND ALCOHOL HAVE NO PLACE IN THE ORGANIZATION AND ARE

STRICTLY PROHIBITED. ANY MEMBERS FOUND GUILTY OF ENGAGING IN UNACCEPTABLE BEHAVIOR MAY BE EXPELLED FROM THE ORGANIZATION.

Further, instructors, staff, volunteers, and members of the Board of Directors are required to advise members that should they be confronted by threats of violence or other forms of bullying or harassment from other members, or from any other persons employed or associated with the organization; the members should **seek help from any instructor, staff, or volunteers.**

ZERO TOLERANCE

SEATTLE CASCADES DRUM AND BUGLE CORPS HAS A ZERO-TOLERANCE POLICY TOWARD ALL FORMS OF HARASSMENT AND ABUSE, INCLUDING BUT NOT LIMITED TO DISCRIMINATION IN ANY AND ALL FORMS, HAZING, BULLYING, SEXUAL HARASSMENT AND OTHER FORMS OF ABUSIVE BEHAVIORS.

This zero-tolerance policy means that NO form of discriminatory, harassing or abusive behavior by or towards any member, instructor, staff, volunteer, or other person within our corps activities will be tolerated.

NO MEMBER/STAFF RELATIONSHIPS

NO STUDENT MEMBER OF ANY AGE IS PERMITTED TO HAVE ROMANTIC, INTIMATE OR SEXUAL RELATIONSHIP WITH ANY MEMBER OF THE SEATTLE CASCADES STAFF INCLUDING VOLUNTEERS, ADMINISTRATORS OR OTHER INDIVIDUALS ASSOCIATED WITH, OR ACTING ON BEHALF OF THE CORPS.

The integrity of the teacher-student relationship is the foundation of our organization's educational mission. This relationship vests considerable trust in the teacher, who, in turn, bears authority and accountability as a mentor, educator, and evaluator. There is also a responsibility on the part of the student to respect the boundaries between themselves and the educator.

Even when a romantic or intimate relationship might otherwise be legal or appropriate when no student-teacher relationship exists, under these circumstances it creates a strong and unacceptable potential for coercion. All such relationships jeopardize the integrity of the educational process by creating a conflict of interest and may impair the learning environment for other students.

GENDER IDENTITY

The Seattle Cascades accepts the gender identity that each student member asserts. There is no medical or mental health diagnosis or treatment threshold that students must meet in order to have their gender identity recognized and respected. The assertion may be evidenced by an expressed desire to be consistently recognized as the sex consistent with their gender identity.

RESPONSIBILITY TO REPORT

ANYONE WHO BELIEVES THAT SHE OR HE HAS BEEN SUBJECTED TO UNLAWFUL HARASSMENT OR ABUSIVE BEHAVIORS OF ANY KIND HAS THE RESPONSIBILITY TO REPORT THAT HARASSMENT IMMEDIATELY.

You are encouraged to **bring concerns and issues directly to any member of the corps Executive Leadership Team.** These individuals are obligated by the Board of Directors to investigate all issues brought to their attention, and to take appropriate corrective action when and where necessary.

You may choose to bring an issue to the attention of your Caption Supervisor, Senior Staff, Educational Director, or any member of the Student Leadership Team (Drum Majors, Section Leads, Horn Sergeant). **Staff, Volunteers, Admins, Directors and Student Leadership are obligated to promptly report your issue or concern to the Executive Leadership Team.**

To ensure that anyone affiliated with the Seattle Cascades can confidentially report concerns, complaints and issues, we have published a public Whistleblower page on our website, enabling anyone to report issues directly to the Executive Leadership Team. You may also choose to send us an e-mail directly, and not use the online submission form.

All reports made through any channel are considered confidential and private. We do not publicly disclose the details of any Report, Investigation or Corrective Action. All Reports, Investigations and Corrective Actions are reviewed by the Board of Directors in Closed Session.

REPORTING WITHOUT FEAR OF RETALIATION

NO ONE ASSOCIATED WITH NYMA OR THE SEATTLE CASCADES WILL BE RETALIATED AGAINST FOR REPORTING HARASSMENT, ABUSE OR UNSAFE CONDITIONS. THIS NO-RETALIATION POLICY APPLIES WHETHER A GOOD FAITH COMPLAINT IS WELL FOUNDED OR ULTIMATELY DETERMINED TO BE UNFOUNDED.

GENERAL CONDUCT AND BEHAVIOR

We are a professional organization and expect our student members will always conduct themselves in a professional manner.

1. Aggressive or anti-social behavior towards anyone, including other members, staff, and other corps personnel will not be tolerated.
2. **When in public, you represent the Seattle Cascades and the Pacific Northwest.**
Refrain from acting in a way that would cast a poor light upon the organization when at a housing site, in rehearsal, while preparing for a performance, while wearing corps uniform or branded clothing, or when in any other position where you are clearly acting as a representative of the Seattle Cascades. This includes using profanity, or doing anything that is illegal or is possibly in violation of our rules. This is especially important when around officials/employees, band directors, or students associated with a housing or show site; or volunteers, parents, fans and anyone else outside of the organization.
3. Members shall not engage in public displays of affection with each other which may be considered offensive to others.

SMOKING, ALCOHOL AND DRUGS

The corps policy on smoking, alcohol, and drugs is in place continuously while you are participating in a Seattle Cascades sponsored event or activity or otherwise under the care or responsibility of the organization, including the post-tour bus ride back to Seattle.

SMOKING/CHEWING TOBACCO

The Seattle Cascades maintains a strict policy on tobacco products for our members. Smoking, **including Vape pens and similar devices**, or any other use of tobacco products including chew, is illegal on school grounds (at most housing sites) in the United States. Underage smoking or chewing and/or supplying minors with tobacco is prohibited and will likely result in expulsion from the corps.

Additionally, members may not smoke or use tobacco products in or around the corps vehicles, in uniform or corps branded clothing, or any other instances in which they represent the corps.

ALCOHOL AND MARIJUANA

While touring with the Seattle Cascades, possession of alcohol or any marijuana products, including CBD or “medical marijuana” even by prescription, is prohibited. This includes in or around any housing or show site, carried in any luggage or carry-on, on your person while representing the corps, and anywhere on or under the bus or any other corps vehicle. Visible intoxication or smelling of alcohol or marijuana while with the corps in any official capacity will be considered a violation of this rule. Violating this rule **WILL** result in disciplinary action and will likely result in dismissal from the drum corps. Underage drinking or marijuana use, or supplying minors with alcohol or marijuana will not be tolerated and will result in dismissal from the corps. Possession or use of marijuana in a state where it is illegal will result in your being remanded to the authorities by the Seattle Cascades administration and will result in immediate expulsion from the corps.

DRUGS

The Seattle Cascades prohibits the use of any substances deemed illegal by the federal government. The only drugs a member may possess or consume are those specifically prescribed by a physician or those purchased over the counter for a legitimate reason. Such drugs must be used according to their written directions and disclosed to the Seattle Cascades medical and administrative staff.

THEFT AND VANDALISM

Borrowing without permission, theft or intentional or unintentional vandalism of another member’s property, the property of the Seattle Cascades, or any of our housing sites or performance venues is strictly prohibited. **ANY PERSON CAUGHT STEALING OR VANDALIZING ANOTHER’S PROPERTY WILL BE IMMEDIATELY DISMISSED FROM THE CORPS.**

DISCIPLINARY ACTIONS

Violation of any Seattle Cascades policy will result in disciplinary action. This could include suspension from shows, dismissal from the Corps, or other actions as directed by corps administration. If you are dismissed from the Corps while participating in a rehearsal, camp or while on tour, you will be separated from other members and staff supervision until such time as transportation to your address of record can be arranged. If on tour, transportation must be arranged within 24 hours of your dismissal and will occur at the closest available point of departure – at the former members’ expense. If you are a minor, you may only be released to your legal guardian – at their expense.

A DISCIPLINARY DISMISSAL FROM THE SEATTLE CASCADES IS PERMANENT, AND YOU WILL BE BARRED FROM PARTICIPATION IN ALL FUTURE SEATTLE CASCADES ACTIVITIES. THERE ARE NO REFUNDS OF MEMBER FEES IF YOU ARE REMOVED OR IF YOU QUIT DUE TO DISCIPLINARY ACTIONS

If you dispute the nature or severity of a disciplinary action, you may raise your concerns to the Executive Leadership Team or Board of Directors through the communications channels provided in this document. All policies and procedures related to reporting, including our NO RETALIATION policy will be applicable and enforced.

CONDUCT AND BEHAVIOR ONLINE

All online interactions between members as well as between staff and membership, should always be of a professional or activity-related nature. Staff are intended to be instructors of members, not their friend or buddy.

1. **There is zero tolerance for staff, members or volunteers using suggestive language, sexual innuendo or invitation, abusive language or intimidation, or inappropriate behavior or language in any electronic communications associated with Seattle Cascades sanctioned activities.**
2. **There is zero tolerance for electronically transmitting inappropriate messages or images that contain overtly or subtly personal or sexual content to Seattle Cascades members, staff or any other member of the Seattle Cascades organization.**
3. **All social media posts, email or other text based media will be considered public record and will always be considered truthful and intentional by the Seattle Cascades Administration once posted – a joke or sarcasm cannot be separated from a statement of intent in text and will be treated as such whether that was your intent or not.**
4. Please remember that whenever you make a post, comment or share something from our corps – you are acting as a representative of the corps – whether it is corps related or not. This is especially true for posts about the corps or while wearing the uniform or corps branded clothing.
5. All information that is provided to you in a Closed or Secret Group is confidential and may not be disclosed to or discussed with friends or other individuals who are not members of that group.
6. **Do not** post copyrighted or otherwise restricted information in any Seattle Cascades managed group, page, forum or account.

SOCIAL MEDIA: INFORMATION

Mobile devices and social media are an important communications tool in any large organization, drum corps included. When music, schedule changes, gate and departure times, housing site information like the locations of showers and practice fields must be quickly distributed to members and staff, social media is often the quickest and most reliable way to keep everyone informed. We use the Band App as the primary means of sharing information among Staff and Members throughout the season.

Please have the Band app downloaded on your computer and access the app on your mobile device regularly. Students will be invited to join the Seattle Cascades member group by our corps administration. **Members without access to the Band App or a mobile device must work with their Section Leads to establish an alternate method of staying informed.** While we do not require you to have or disclose a Facebook account, participation in the Seattle Cascades Facebook groups is strongly encouraged. Updates on what the corps is doing and how things are going will regularly be updated on the Facebook account. Most information you need can usually be found on our website <https://www.seattlecascades.org/>. Parents who are unable to participate in our Facebook Group or are unable to regularly check the website should reach out to the Corps Director so we have a way to keep you up to date.

While on tour, if you lose your mobile device, don't have service, or are otherwise unable to check the Members group, be sure your Section Lead is aware so they can keep you up to date.

CELL PHONE POLICY

Cell phones are a critical means of communication in an emergency and are essential for receiving important time-sensitive information while on tour including warm-up and step off times, rehearsal

locations, departure times and post-show information on show days, and pick-up times and locations, rally points and Emergency Contact numbers on free and laundry days.

Members are required to bring a functioning personal cell phone and charger. We will require you to disclose your number to the administrative staff to allow for official communications and emergency situations.

WE ASK THAT YOU ALWAYS HAVE YOUR CELL PHONE ON YOU OR SECURED IN YOUR BACKPACK NEAR YOU. Cell phones are expected to be away during rehearsals unless specifically instructed by the staff to use them, even during breaks. During meals or longer breaks, you can and should check your cell phone. Bright screens are distracting after lights-out and can keep your friends awake. Please be respectful of others and keep them out of sight after lights-out (or get some sleep yourself).

Be aware of where your cell phone is and keep it hidden or secure in your backpack when not in use. In some cases, people not affiliated with corps may be using the facility we're staying at. Always keep cell phones and other personal belongings out of sight when you are not using them.

CLOTHING

While there is no dress code while out of uniform, remember that you are always representing the drum corps, even at rehearsal and on free days. You are required to wear shoes or foot coverings at all times unless instructed to go barefoot as part of rehearsal, or while laying down and resting.

Rehearsal dress must comply with the rules of the facilities we are staying at. Please be sensitive to these requests and comply with the policies that have been put in place by the facility and Drum Corps International.

All members are required to have a shirt and shoes with them at all times. Sometimes we find ourselves in situations where a rehearsal turns into a public clinic with spectators, the weather may change, or other circumstances may arise where shirts and shoes become required or desirable. Please be prepared.

Shirts and shoes must also be worn when in line for food and in the housing site.

DO NOT WEAR SHOWER SHOES OR FLIP FLOPS OUTSIDE OF THE GYM AND SHOWER AREA. There are too many hazards in the lots and fields where we practice, eat, and load/unload our equipment. Any cuts or injury to your feet or ankles can prevent you from marching!

HEALTH & WELLNESS

You are responsible for taking care of yourself physically while you are a member of the Seattle Cascades. If you are not at your best physically, you will not be at your best on the field. We expect you to pay attention to your health and physical condition, and to seek help from your instructional staff, physical trainer or designated health staff if you find yourself injured or feeling sick.

We expect you to act in a safe and hygienic manner while on tour. This means washing your hands regularly and using hand sanitizer prior to meals; washing your water jug, or anything else you touch regularly; showering regularly and before shows or other interactions with the public; taking care of your personal hygienic items; and isolating yourself if you get sick, or if you are running a temperature.

You are living in close quarters with 150 other people, in very warm and humid conditions. Paying attention to the little things like washing your hands and not letting your towel get nasty goes a long way towards keeping the entire corps healthy and performing at our best.

If you have any special dietary requirements, allergies, or medical condition, please inform administration. We will make every effort to meet special diets or eating habits you might have.

If you are on medication, you should talk to your doctor prior to tour and make sure you have enough of your prescription to last through the tour. It is not a good idea to go off of medications while on tour – talk to your doctor and make a medication plan for tour.

Do not ever share medication with other staff members or take medication that has not been prescribed to you! This can result in discipline as described in the SMOKING, ALCOHOL AND DRUGS section above. If you need medication talk to our health and wellness team. If you would like for our health and wellness team to look after your medications for you, speak with the corps administration.

Our designated Health Staff will handle basic injuries on the road. In the event of serious injury, we will provide transportation to and from a medical clinic and/or hospital. We will also contact the individual listed as an Emergency Contact on your Medical Form.

MENTAL HEALTH

Drum and Bugle Corps is a mentally taxing activity. You will be asked to take on a level of personal responsibility most people never really get to experience as a young adult, and some never experience in their entire lives.

You have to work (rehearse) long hours, live on close quarters with people from diverse backgrounds, learn to perform an extremely complex program with extremely challenging musical and physical responsibilities, and then be expected to perform that complex show flawlessly.

We do this learning through constant repetition. Starting at move-ins we will spend about 20 days rehearsing 12 hours a day, about 225 hours, learning the fundamental skills and specific performance qualities related to performing a show that is only about 8 minutes long.

Then we will take that show on the road for more than 30 days; rehearsing during the day, performing in the evening and traveling at night.

You will be expected to sleep on the bus with some floor time but rarely with a full 8 hours of uninterrupted sleep. You will be asked to perform at the top of your game, better each and every time, with a new crowd of fans to impress and a new group of judges each night - it is relentless.

You will be away from family and close friends, you will have little time to do things just for yourself, you will have to give up, for a significant amount of time, things you may value quite highly. It is challenging.

Everyone goes through moments of homesickness, depression, mental overload, fatigue both physically and mentally, and many other diagnosable mental maladies - you name it, most people go through it during all days and or while on tour. If you are prone to these issues, or have been previously diagnosed as having a mental health related condition, all-days and tour will likely exacerbate the issue.

This is part of the activity and something you need to think about and build support systems for. **You need to make a plan for who are you going to talk to when you get overwhelmed and make sure they know you will come to them during the summer when you are in need.** You may want to quit and go home – this feeling is common. If you have someone to call and talk through things, it can really help.

If you regularly speak to a therapist, make a plan for continuing that therapy during all days and on tour. It will likely mean adjusting your therapy schedule to fit with our tour schedule and may require some flexibility, but it can be done. Let the corps administration know if you will need accommodation on our end. Flexibility and communication is key to figuring this sort of thing out.

If you are on medications - you need to make a plan for continuing that while in all-days and on tour. Going off your meds for tour is a bad idea, figure out a schedule and make a plan so you are staying with your medication or wellness routine and following it as closely as possible. This can be difficult, tour can be unpredictable and things happen, but we try and keep to a routine and schedule as best we can. Talk to your Doctor about what happens when you miss a dose or get off of your regular routine and make a plan for how to minimize potential medication related issues

It is ok to go through things, we all do, have a plan and anticipate the problem so you can cope with it in the best way possible when it happens.

EMERGENCIES

ALWAYS CONTACT HEALTH STAFF IMMEDIATELY IN THE EVENT OF AN EMERGENCY.

EMERGENCIES WILL ALWAYS BE HANDLED QUICKLY. IF NECESSARY, WE WILL TRANSPORT YOU TO THE NEAREST HOSPITAL, EMERGENCY ROOM OR URGENT CARE CENTER AS SWIFTLY AS POSSIBLE.

FOR SERIOUS OR POTENTIALLY LIFE-THREATENING INJURIES OR ILLNESS WE WILL ALWAYS UTILIZE 911 TO CONTACT LOCAL EMERGENCY RESPONDERS.

NON-EMERGENCY TREATMENT

If you need assistance for common issues like minor cuts and scrapes, simple bug bites or bee stings where no allergic reactions have occurred, muscle strains or aches, mild irritation/chaffing or similar issues; start with the nearest admin, health and wellness team member, or with the nearest staff member in rehearsal. If you don't have your own, there will usually be a small supply of band-aids, antiseptic, sting treatment and athletic wraps close by.

**IF YOU EXPERIENCE AN ALLERGIC REACTION TO ANY BITE OR STING
CONTACT HEALTH STAFF IMMEDIATELY.**

If your illness/injury is not an emergency and you feel you need to see a physician, please talk with Health Staff or administration. In the case of any mental or emotional distress please consult your family doctors and if arrangements need to be made for counselling or other services, please let the administrative staff know. Arrangements will be made to get you to appropriate medical care.

While the staff and administration of the Cascades are available to assist with any medical concerns, it is ultimately the member's responsibility to raise any medical concerns they may have.

HEALTH STAFF

There will always be at least two individuals designated as Health Staff starting with Spring Training/All Days and continuing and while on tour (a primary and a backup). The names of these individuals, and how to contact them will be provided at the beginning of Spring Training.

Seattle Cascades employ Athletic Trainers during Spring Training and during tour. There will always be *at least one* Red Cross Certified staff member present at all Seattle Cascades events and activities.

HEALTH INSURANCE

Seattle Cascades carries liability insurance for the activities and events that we sponsor. This insurance does NOT cover medical expenses of our student members or staff while on tour. **IT IS UP TO YOU TO MAKE SURE THAT YOU HAVE HEALTH INSURANCE AND THE APPROPRIATE INFORMATION WITH YOU WHEN WE ARE ON TOUR.** If you are injured or sick and need to go to the hospital, you may require a debit or HSA card or some other form of payment in order to pay the fees.

PRESCRIPTION MEDICATIONS

MAKE SURE TO BRING ENOUGH MEDICATION FOR THE ENTIRE TOUR. A 90-DAY SUPPLY IS RECOMMENDED.

Consider giving administration a 2 to 3-day supply of required medications so if you lose your meds or run out you have some time to plan to get more. If you require an EPI pen, please make sure you give a second pen to them so that there is one in the corps possession. If you do not make us aware of your medication or medical or dietary needs, assisting with these needs cannot be the responsibility of the corps or its staff.

OVER THE COUNTER (OTC) MEDICATIONS AND SUPPLEMENTS

Daily multivitamins and protein supplements are a great way to help your body through the challenges of drum corps. These are your responsibility to bring on tour. It is also your responsibility to bring over-the-counter medication that you may require.

Our health staff may provide some over-the-counter medications for occasional needs, but **if you regularly take over-the-counter allergy or pain medicine, it is your responsibility to bring a supply for tour.**

SUPPORT BRACES, WRAPS & KT TAPE

The corps will provide cohesive wrap, sports tape and similar consumables on an emergency basis should you become injured. Our Athletic Trainers may provide a limited supply KT tape for short term treatment of an injury, but in general members are expected to bring or purchase their own supply on tour. We also have a small variety of common braces and supports that can be utilized on a temporary basis, or until you are able to purchase your own.

If you anticipate regularly needing a medical support brace on tour - knee, ankle, wrist, etc., - it is your responsibility to bring this with you or to purchase this on tour. It is wise to anticipate the possibility that you may strain, sprain, or pull something throughout the summer; consider including an Ace bandage (wrap) in your packing list.

WORKING IN HOT, HUMID WEATHER CONDITIONS

The administrative staff constantly monitor the conditions at each rehearsal site and will notify you whenever the conditions are Yellow or above.

This table shows you our guidance for temperature, activity and minimum hydration requirements. It is up to you to insure you drink fluids appropriate to the conditions you are working under.

WET BULB TEMPERATURE		LEVEL OF EFFORT					
		EASY Standstill rehearsal and sectionals without drill.		MODERATE Basic visual, dance, + instruments.		HARD Ensemble Music + drill, run-throughs	
		Water quarts/hr.	Rest min./hr.	Water quarts/hr.	Rest min./hr.	Water quarts/hr.	Rest min./hr.
< 82°F	CLEAR	½	6	¾	6	¾	9
82-84.9°F	GREEN	½	6	¾	9	1	12
85-87.9°F	YELLOW	¾	9	¾	12	1	16
88-89.9°F	RED	¾	12	¾	16	1	20
90-92+°F	BLACK	1	16	1	20	1+	24

ALL OUTDOOR ACTIVITIES ARE LIMITED UNDER BLACK CONDITIONS.

Wet Bulb Temperature is a measure of how much moisture or water vapor is present in the air. The difference between the dry bulb temperature (AKA normal temperature) and this determines how dry the air is. Higher humidity, and thus a higher Wet Bulb Temperature, places greater stress on your body.

WATER INTOXICATION

Your kidneys can eliminate about 5.3-7.4 gallons (20-28 liters) of water a day but only at the rate of 27 to 33 ounces per hour. If the sodium in your blood becomes too low, you have a condition called hyponatremia. As a result of low sodium, the amount of water in your body rises and causes your cells to swell. In order **TO AVOID HYPONATREMIA SYMPTOMS CAUSED BY HIGH FLUID VOLUME, YOU SHOULD NOT DRINK MORE THAN AN AVERAGE OF 27-33 OUNCES (0.8-1.0 LITERS) OF WATER PER HOUR.**

SUNSCREEN

We do not recommend sprays. While spray sunscreens are popular, you will save money and protect your skin better if you use a good lotion or gel sunscreen and rub it in. Spray lotions get all over the equipment and inhaling a cloud of sunscreen is not very pleasant for anyone

Please avoid purchasing any sunscreen below SPF 30 and make sure the sunscreen is waterproof. Use of a burn treatment gel such as Alocane may also be recommended in the event of a severe burn. RE-APPLYING sunscreen is the key to preventing sunburn. It also goes without saying that your water intake should be a high priority.

FINANCIAL OBLIGATIONS

TUITION

Tuition is due on June 30th. If this is not met, or an approved financial plan is not in place, then you will not be able to participate in the organization. Members are responsible for raising funds for their tuition. The Seattle Cascades is not obligated to raise funds for members or allow participants to march with a reduced fee.

SPENDING MONEY

The amount of money each member brings on tour is up to the individual and their guardians.

Students will have some other costs that will arise through the season. We cover lodging, staffing, food, equipment, show entry fees and transportation while on tour and during camps and all days.

We do not cover travel to and from camp or our starting and ending points for all-days/tour. We are currently planning for a bus to bring students back to the Pacific Northwest, but many students choose to fly home from Indy - if they choose that, that is at their expense.

We provide the opportunity for laundry at a laundromat throughout the season (plan for 4, one every 11 to 14 days). We do not provide soap or money for the laundromat, so students will need a couple rolls of quarters and an option to either purchase or bring detergent. It will be less than \$50 for laundry.

We provide only 1 or 2 meals on free days, so students will need to plan to purchase meals on those days (we make sure no students ever go hungry, so we will have a bag lunch option that very few students use – students can make a request for a bag lunch a minimum of 3 days before the free day). Plan for a maximum of \$50 per free day, or about \$200 for the summer.

Many students also choose to purchase drum corps related items for themselves beyond what we provide, costs there vary.

Beyond that there will be a few opportunities to purchase items for "bus life" before and during tour. Living on a bus can be it's own thing, so expect about \$75 for that stuff.

All told You can expect about \$300 to \$350 in extra expenses for the summer beyond travel to and from camps and all-days/tour, but that can be less if a student wants to be frugal. We have more than once had a student do tour at no additional expense, but that is rare.

It is not a good idea to have this money in cash (other than maybe quarters for laundry) so plan for a bank card or Visa gift card or some other payment method. That being said, east of the Rocky Mountains, many show sites and venues do not take a card so having some cash on your person is a good idea. Keep it limited and hidden from view in your backpack you keep with you during rehearsal.

Life on the Road



Once we move in, you are expected and required to be on site with the corps at all times, until the corps is dismissed after championships in Indianapolis or if you are riding the bus back, until we drop you off at the designated return location.

MEMBERS ARE NOT ALLOWED TO LEAVE THE CORPS UNLESS PRIOR ARRANGEMENTS HAVE BEEN MADE WITH THE CORPS DIRECTOR, TOUR DIRECTOR AND YOUR CAPTION HEAD.

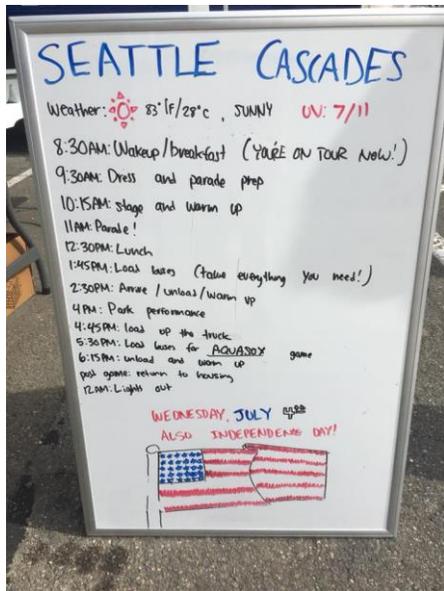
This is for your safety. If an emergency arises while you are on tour that requires you to leave tour, please let the Corps Administration know as soon as possible and we will accommodate you to the best of our ability.

HOUSING SITES

Please remember that we are housed in schools and that we are guests. It is important that we treat all facilities with the utmost respect. The Seattle Cascades Drum and Bugle Corps leave housing sites better than we found them. The corps tends to stay at the same facilities from year to year and we need to maintain good relationships with the schools. This includes keeping food and drink out of the sleeping area, being considerate to the students or sponsors at that facility and leaving the school cleaner than when we arrived.

How you act reflects directly upon the Seattle Cascades. Do NOT go exploring. When we reserve facilities, we are typically only allowed access to the rooms we need. If you need a room unlocked for any reason, seek out an administrative staff member and explain your needs. If any member causes any damage to a housing site, they will be personally responsible for the necessary repair.

THE SCHEDULE



During camps, the schedule will be made available to you through the band app or on our website. During Spring Training and on tour, the schedule is written on a white board that is posted in the Food Services area and will be posted to members through the Band app.

You are responsible for getting yourself to the right place at the right time. Be prepared for the block you are participating in - silence your phone, and leave it in your backpack, have your instrument and music ready to go for music blocks, be ready to work for a visual block. Remember the old saying - early is on time, on time is late, late is unacceptable.

On tour, being late – particularly for a departure or warm-up block can have a serious impact on the corps. You are responsible for staying informed and doing your part to ensure that we're ready to roll out or step off at the designated time.

YOUR PERSONAL ITEMS

Keep track of your personal items while on tour. Use a sharpie to write your name on everything, particularly your phone charger or plug strip, your jug, and your towel. These are the most frequently lost or left behind items – and these often look alike, so plan for a way to distinguish yours.

Only unpack the things you need and put them away when you are done. If you leave something behind at a housing site, it is likely gone for good, so always know where your things are. **Double check that you have everything before leaving the housing or rehearsal site – make a checklist and refer to it every time you pack up.** Chasing down or collecting personal items left behind is a big-time sink that no one has time for on tour. Don't lose your stuff!

SLEEPING AREAS

The sleeping area will always be split by gender. **Members are prohibited from sharing sleeping gear.** If members are found sharing sleeping gear, they will be removed from the corps. Depending on space there will be a divided line that will be monitored by the Drum Majors and other leadership. Based on age – 18 and over vs. under 18, and by sex, whenever possible.

Members are not allowed to go into the staff sleeping areas or lounge at any time. If you must meet with a staff member, **knock on the door** and the staff member will meet with you in the hall.

Please remember that the staff also needs their rest, so please keep the disruptions to a minimum. Volunteers – even if they are your parents or close family members/friends – are considered staff while on tour and these same rules apply. **Remember, the drivers must stay awake at night to drive, so please refrain from making any noise or playing instruments in the vicinity of their rooms during the daytime.**

ACCESS TO GENDER-SEGREGATED ACTIVITIES AND FACILITIES

With respect to all restrooms, locker rooms, or changing facilities, student members shall have access to facilities that correspond to their gender identity. Student members should determine which facilities are consistent with their gender identity.

Any student who is uncomfortable using a shared gender-segregated facility, regardless of the reason, shall, upon request, be provided with a safe and non-stigmatizing alternative. This may include, for example, provision to use a nearby private restroom or office, or a separate changing/showering schedule. However, such alternatives shall only be provided to a student upon that student's request.

Under no circumstances will students be **required** to use gender-segregated facilities that are inconsistent with their gender identity. In addition, under no circumstances shall a student be **required** to use a single-user facility because they are transgender or gender nonconforming.

FLOOR TIME AND LIGHTS-OUT

We always attempt to give the corps 8 hours of sleep time, whether it is on the bus or on the floor. In general, 2 hours of bus time is considered 1 hour of sleep time and we always try and get at least 4 hours of "floor time" upon arrival at a housing site starting with lights-out. "Lights-out" will be determined depending on the situation. Please respect others' need to sleep.

All members of the drum corps are required to be in the gym, in their bag lying down at lights out. Your body needs rest, and you will have ample opportunities to practice, socialize, and relax at meals and after rehearsal.

You should complete phone calls and hygienic rituals (showering, brushing teeth, etc.) prior to lights-out. At no time should members be off campus after lights-out for any reason.

On the bus, once things settle down after departure, a movie may be shown. This is quiet time, and the bus driver and bus captain will have the final authority to maintain the noise level on the bus.

LAUNDRY

We will have laundry stops, approximately every 14 days. Plan for enough clothing to last this long. Consider bringing a small amount of detergent and fabric softener with you. Please do not bring liquids. Powders should be in plastic re-sealable containers or individual packets, the all-in-one detergent & fabric softener pack well and work great. Remember that it is much more humid in the Midwest and South and you will change clothes more often. Please keep this in mind when planning for a 14-day supply of clothing.

TOUR JOBS

Everyone on tour has a responsibility to assist with moving the corps from site to site, and ensuring that we are ready to travel, rehearse and perform at the scheduled times. Tour Jobs are managed and assigned by the Student Leadership team.

TRAVELLING



You will be traveling on chartered buses driven by professional drivers. It is your responsibility to see that the buses are kept clean and orderly for the entire summer.

- There will be no drumming on the seats or armrests. Use your practice pad.
- Decorations, stickers or other personalization of the seats must be approved by the drivers.
- **Restrooms on the buses will not be used.** This is not to make your life difficult; it is because it is not possible for the drivers to empty and maintain these restrooms in a hygienic state while on tour. Make sure that you use the restroom immediately before getting on the bus and take advantage of rest stops. We generally stop for a bathroom break about 45 to 60 minutes into the drive – try not to sleep through this break because after that it is generally 3 to 4 hours before we will stop again.
- If we stop to fuel or otherwise at a “truck stop” you do not have permission to exit the bus unless given permission by an administrator.

A lot of your rest and downtime will occur during the bus ride, please take advantage of it. Most of the seats will be occupied so expect to have a seatmate. Seats will be assigned using a priority system based upon rank and the number of seasons you have marched with the corps.

Plan for buses to be largely divided by age – those 18 and older on one bus (likely with a few mature but younger students) and those under 18 on another. If we have 3 buses, we will still have an over 18 bus and an under 18 bus with the third a mix as needed.

BUS DRIVERS AND BUS CAPTAINS

Whenever the bus is occupied, the Bus Driver is responsible for the safety and behavior of all passengers on their bus. **All members are expected to be respectful and follow any directions given by the driver.** Each bus will also be assigned a Student Leadership Bus Captain who is also responsible for your behavior and safety. This is intended to allow the driver to concentrate on safely driving the vehicle, negotiating traffic and dealing with other road hazards.

The Bus Captain is tasked with making sure all members are on-board and in their appropriate seating, movies are appropriate, members are behaving properly, and everyone is following instructions given by the driver. Per our Youth Protection Policy, the Bus Driver and all **Bus Captains are Mandatory Reporters** and are obligated to report any prohibited behaviors they may witness or be informed of. If

you believe your Bus Captain is behaving inappropriately or not addressing your concerns, you should report the issue to the Executive Leadership Team or other adult Staff Member immediately, using the contact information provided in this document. They are obligated by the Board of Directors to investigate and take such actions as are deemed appropriate to resolve the situation.

REST STOPS



Rest stops will be made to stretch and use the restroom. We are under strict federal DOT driver time regulations that all CDL drivers must follow. These regulations are in place for your safety. The Seattle Cascades, as well as the bus company, will adhere to them.

By default, rest stops are non-buy stops. This means use the restroom, stretch, and get back on the bus. Running 150 people through a truck stop usually overwhelms the staff on duty, and it can take quite a while to clear the checkout line. Because of the limited amount of driver time available, we cannot afford to spend too much time parked during these stops.

In any movement over four hours, we do attempt to include at least one opportunity for you to make purchases at rest stops where the schedule allows.

These are called “**Buy-Stops.**” Understand, however, the line can and WILL be “cutoff” at the end of the time given. If you get off the buses at a rest stop or Buy Stop, it is your responsibility to know when the corps is leaving and be back on the bus.

Members must have their gallon water jug with them for bus travel and filled to stay hydrated. Be sure to fill your jug at the **beginning** of EPL, to allow our water filtration system to be drained and properly stored for transport. **IF YOU ARE UNABLE TO FILL YOUR JUG PRIOR TO DEPARTURE FOR A SHOW VENUE, PLEASE CONTACT THE FOOD STAFF ON ARRIVAL TO FILL YOUR JUG.**

CARRY-ON ITEMS

You may bring one small carry-on and a few personal items with you onto the bus. You can store items on the overhead shelf or under your seat. All other luggage will be stored in the lower storage compartments on your bus. **You will not have access to your luggage once it is loaded under the bus** so be sure you have everything you will need for the show or the ride with you on the bus.

There will be a designated bus loading crew that will load your luggage. Please be sure to keep all essential items, including medication, with you on the bus. No aerosol bottles are allowed on the bus.

TAKE CARE OF THE BUS

Our buses are leased from and maintained by the operator. The driver is responsible for the care and condition of the bus. You will be shown how to open and close the door to the bus, how to access the lower storage bays, and any other special features. If you are the last person off the bus, close the door unless otherwise instructed. If there are any problems with the buses, please bring them to the attention of the driver.

Never sit in the driver’s seat or enter the cockpit area without permission. Do not touch any of the bus company’s equipment or supplies you may find in the lower bays without an explicit instruction from the driver. Any intentional damage or vandalism to the buses will be charged to the responsible member

NUTRITION AND MEALS

Drum corps is a long duration, high exertion activity. It often takes place under extremely hot and/or humid weather conditions. As a Seattle Cascades member, we expect you to develop and maintain your physical fitness to the level necessary to perform your best on the field and to remain healthy throughout the summer.

We provide the resources and tools you will need to build a personalized fitness and nutrition plan, but it is **your** responsibility to put in the time and effort required to build the strength and stamina you will need for a successful tour. This includes your diet.



While you are under our care, our Food Services team will provide a balanced selection of items that support the most common nutritional goals of our student members – that is, to maintain, lose or gain weight and to increase muscle mass and stamina. We plan our meals to ensure that you will have the energy to work through a hot day of rehearsals, be at your peak for each performance and to recover quickly after periods of exertion.

We don't choose what goes on your plate or how much you eat. It is up to you to follow the plan and have the discipline required to select the right foods and stay properly hydrated.

PRE-SEASON

Do not wait until Spring Training to begin your fitness program. You should start conditioning your body to an increased level of caloric intake, and a corresponding increase in physical exertion throughout the winter months.

Pay attention to your hydration. When you exercise hard for 90 minutes or more, especially if you're doing something at high intensity that takes a lot of endurance (like drum corps), you need a diet that can help you perform at your peak and recover quickly afterward.

COMMON SPORTS NUTRITION GUIDELINES

1. CARBOHYDRATES ARE ESSENTIAL.

Carbs are an athlete's main fuel. Your body changes them to glucose, a form of sugar, and stores it in your muscles as glycogen. When you exercise, your body changes glycogen into energy.

Eat a diet that gets about 70% of its calories from carbohydrates, including breads, cereals, pasta, fruit, and vegetables, to achieve maximum carbohydrate storage.

Avoid eating sugary or starchy foods within 30 minutes of starting an activity; they can speed up dehydration.

2. DON'T OVERLOAD ON PROTEIN.

Protein doesn't provide a lot of fuel for energy. Each gram of protein contains four calories. You need protein to maintain or build your muscles. The average person needs 1.2 to 1.4 grams of protein per kilogram of body weight a day. That's about 88 grams of protein for a 150-pound person. 1 gram of protein per pound of body weight (2.2 g/kg of BW) per day has been a bodybuilding rule of thumb for decades.

Higher levels of protein intake, usually in the range of 1.2 – 1.5 grams per pound of body weight (2.6 – 3.3 g/kg BW) per day, are commonly recommended when "cutting" to lose fat.

Our daily meal plans include proteins sufficient to support members on a variety of nutritional plans (maintenance, building mass or cutting fat). It is up to you to determine the right amount of protein intake for your own needs.

3. DRINK FLUIDS EARLY AND OFTEN.



INTENSE EXERCISE, ESPECIALLY IN HOT WEATHER, CAN QUICKLY LEAVE YOU DEHYDRATED. DEHYDRATION WILL HURT YOUR PERFORMANCE AND, IN EXTREME CASES, THREATEN YOUR LIFE.

DON'T WAIT UNTIL YOU'RE THIRSTY. BY THE TIME YOU FEEL PARCHED, YOU MAY ALREADY BE SERIOUSLY DEHYDRATED.

"One way to monitor hydration is to keep an eye on the color of your urine," says Joshua Evans, MD, a physician at Children's Hospital of Michigan in Detroit and an expert on dehydration. A pale-yellow color means you're getting enough fluid. Bright yellow or dark urine means you're falling short. Endurance athletes such as marathon runners or long-distance cyclists (and drum corps participants) should drink 8 to 12 ounces of fluid every 10 or 15 minutes during an event.

Don't forget electrolytes (but don't forget water either). Sweating removes both fluids and electrolytes. Electrolytes help transmit nerve signals in your body. To replenish them, reach for sports drinks. **If you're also losing a lot of fluid as you sweat, dilute sports drinks with equal amounts of water to get the best balance of fluid and electrolytes.**

MEALS



Show up at the schedule time for all meals, there is no advantage to showing up early (or late).

To ensure that everyone has a chance to eat, **we do not open the line until the stated time.** To allow the meal crew enough time to clean up and prepare for the next block, we are usually pulling things off the line 15 to 20 minutes prior to the scheduled end-time (earlier if the outside temperature is above 90 degrees). This also helps to ensure that any leftovers are maintained at a safe temperature.

ALWAYS WASH YOUR HANDS BEFORE COMING TO THE LINE AND USE THE HAND SANITIZER THAT YOU WILL FIND ON THE TABLE. SHIRT AND SHOES (NOT FLIP FLOPS) ARE REQUIRED IN THE SERVING LINE.

If we are using disposables, take ONE paper plate, ONE bowl and ONE cup. If you come back for seconds, bring your plate back with you. Paper products account for up to 20% of our food costs while on tour. Please help protect the environment and keep your tuition low by using only what you need.

Take a reasonably sized portion on your first pass through the line. We want everyone to eat as much as they feel they need, but from a practical perspective, we also want everyone to get at least one serving prior to opening the line for seconds.

There is a limited amount of equipment, storage space and time available for our Food Services team to prepare your meals. We always plan to have enough food available for seconds, but sometimes due to unforeseen circumstances, or the expense of an item, we are cutting it close with our normal portion sizes.

If you are late to a meal and we have run out of food on the line or it has already been pulled, please approach the food staff and politely let us know. **NO ONE EVER GOES WITHOUT A MEAL.** If we run out on the main serving line or things are put away already, we'll ALWAYS still find you something to eat.

MEAL CREW RESPONSIBILITIES

One of the tour jobs is "Meal Crew". Along with the general clean up and tear down tasks, the meal crew is responsible for setting up and tearing down the wash station.

Food staff will teach you the proper way to set up the wash and sanitizer tubs the first few times we use them. Check with them at the beginning of the meal to see if there are any site-specific issues you need to be aware of.

Meal Crew is responsible for keeping the wash and rinse tubs clean and emptying them at the end of the meal. If they become overly dirty, it is up to the crew to empty and refill them. The food crew can make special arrangements for the meal crew on request to get their food a few minutes early or hold back plates to ensure you get a good meal.

TRASH



When using disposables, always throw your plates, cups and napkins away in an appropriate garbage receptacle. Don't leave them in the lot, in a hallway, on the bus or anywhere else.

IF THE GARBAGE CAN IS FULL, EMPTY IT AND PUT IN ANOTHER BAG.

Please do not make "garbage towers" on top of a full can. This just makes it more difficult for the person who does empty the can to deal with all the overflows.

In this example, the part of the can that has a trash bag is outlined in white. To clean this up, the meal crew had to pull the extra trash out by hand *while it was being crawled on by a hill of fire ants.*

Don't be that guy!

HELP US AVOID CROSS-CONTAMINATION



Help protect yourself and others from the risks associated with food allergies and food borne illnesses. The rules you may have followed at home are not enough while we're on the road and extra care is required to protect your health, and the health of others. If you are unwell, wear a mask.

IF YOU ARE RUNNING A FEVER OR FEEL LIKE YOU HAVE A COLD OR FLU, PLEASE ASK THE FOOD STAFF (OR ONE OF YOUR FRIENDS) TO GET YOUR FOOD AND DO NOT GO THROUGH THE FOOD LINE OR HANDLE THE UTENSILS.

Think before you act. Here, someone thought it was a good idea to chill their Gatorade inside an ice maker they found at the housing site. At home, you might stick a drink in your freezer to get cold, right? But in this case,

the person who did this contaminated an entire bin of food service ice; all that ice had to be discarded, and before it could be used again, the machine had to be drained and sanitized by the housing site kitchen staff.

Some of your friends may have nut or other food allergies. Don't mix utensils across different foods. Keep the Peanut Butter and Jelly at the table where it is set up. We place it a good distance away from the main serving line to be sure that other food does not get accidentally contaminated. Keep your PB&J away from the drink buckets to avoid accidentally getting peanut butter on them.

CLEAN AND SANITIZE YOUR WATER JUG AND BOTTLE OFTEN



Your water jug is probably the most important piece of equipment you have, arguably just as important as your instrument. If you are dehydrated, you're not going to be able to play that instrument very well, or for very long.

IN HOT AND HUMID WEATHER, YOU NEED TO SANITIZE YOUR WATER JUG FREQUENTLY IN ORDER TO KEEP IT FREE OF MOLD. DON'T FORGET THE SPOUT, INSIDE THE LID, AND ALL OUTSIDE SURFACES.

Starting with all-days, we place a bus tub or cooler full of sanitizing solution next to the water cart as often as our schedule allows. Please use it to clean and sanitize your water jug whenever it is available.

If your jug is dirty, don't wait for a bucket of sanitizer to appear. Approach the food service staff and ask if you can wash your jug. They won't say no.

Safety Around Fleet Vehicles and Equipment

Please review these guidelines to ensure you are protecting yourself and your fellow members from unnecessary risk of injury.

TRUCKS, TRAILERS AND SUPPORT VEHICLES

- 1. MEMBERS ARE NOT AUTHORIZED TO DRIVE ANY SUPPORT VEHICLE, EVEN IF LICENSED.**
- 2. NEVER STAND BEHIND ANY VEHICLE THAT IS RUNNING.** The driver may not see you and could back up at any time. Obviously, stay out from behind any vehicle that is backing up. If you are "spotting" for a driver, stand to one side (never directly behind or in front) so that the driver can see you in their rear view or side mirrors. If you can't see the driver in the mirror, they can't see you.
- 3. NEVER LEAVE EQUIPMENT ON THE GROUND BEHIND A TRAILER OR VEHICLE, OR ON TOP OF A RAMP, STAIRS OR PLATFORM.** It could be inadvertently run over or fall and injure someone.
- 4. NEVER ENTER A TRAILER THAT HAS NOT BEEN CHOCKED AND PROPERLY PARKED.** For semi-trailers the landing gear **MUST** be down, and the wheels chocked. **IF IT IS STILL ATTACHED TO THE VEHICLE, THE WHEELS MUST BE CHOCKED, WITH THE DRIVER OUT OF THE SEAT, OR THE VEHICLE SHUT OFF.**
- 5. ALWAYS USE THE PROVIDED STAIRS OR RAMPS TO ENTER AND EXIT A TRAILER.**
- 6. ALWAYS USE PROPER LIGHTING AT NIGHT.** For the ET, this means turn on the generator and plug in the installed lights. For box trucks or other vehicles without integrated lighting, find a flashlight, or get someone to shine headlights from another vehicle into the cargo area.

WHEELED EQUIPMENT

The pit equipment, speakers and our mixing console are heavy. Don't stand behind them when they are being loaded, unloaded or pushed up or down a ramp or incline. If the people handling the item fall or otherwise lose control of the item, you could be struck and injured. Your safety is more important than the equipment.

SCAFFOLDING

We provide training for the Scaffolding Crew to properly assemble, disassemble and store our scaffolding and platforms.

1. **ONLY THE SCAFFOLDING CREW SHOULD HANDLE, ASSEMBLE OR DISASSEMBLE SCAFFOLDING.**
2. **DO NOT MOVE THE SCAFFOLDING WITH ITEMS ON ANY PLATFORM.**
3. **SCAFFOLDING MUST HAVE OUTRIGGERS INSTALLED WHEN MORE THAN TWO LEVELS HIGH.**
4. **ALL HARDWARE INCLUDING ALL BRACES AND RETAINING PINS MUST ALWAYS BE INSTALLED.**
5. **DO NOT STAND NEAR THE SCAFFOLDING WHILE IT IS BEING ASSEMBLED OR DISASSEMBLED**, you could be struck by a falling or dropped item.
6. **NEVER CLIMB ON THE SCAFFOLDING unless you are directed by a staff member or are a member of the scaffolding crew. NEVER CLIMB ON THE SCAFFOLDING ALONE.**

MOBILE KITCHEN

There are numerous hot, sharp and dangerous pieces of equipment in our mobile kitchen, and space is tight. For your own safety, **MEMBERS ARE NOT ALLOWED IN THE KITCHEN AT ANY TIME WITHOUT PERMISSION FROM THE COOK STAFF.** If you need something from the kitchen, please ask the staff and they will get it for you. The kitchen is not a gathering place. This also applies to staff vehicles.

Equipment Guidelines & Loading Procedures

Our instruments and equipment represent a substantial capital investment by the corps. A single brass instrument can run several thousand dollars when purchased new. Front Ensemble and Percussion equipment is also expensive to repair or replace. You are responsible for taking proper care of the equipment you are assigned.

If you accidentally damage a piece of equipment, please bring it to the attention of your Section Lead, Horn Sergeant or Caption Supervisor immediately, so we may evaluate the damage and determine our options for repair.

FRONT ENSEMBLE

Loading the pit is time consuming and requires a cooperative effort. Any corps member may be asked to help carry pit equipment from the field to the truck, but when it comes time to load equipment into the equipment truck, the job belongs to the pit alone.

Non-pit members should not try to assist with this process unless specifically asked for assistance. The pit section leader will direct the loading of the equipment and all pit members are expected to assist unless excused by the section leader.

BRASS

- Horns are to be placed in their cases and stored in designated areas.
- Horn players must practice in gloves
- When horns are not in use they must be stacked with in their sections or put back in the case and on the truck.

BATTERY

- Drums are to be placed on the appropriate shelves and secured by bungee cords.
- Drums are to be covered when not in use.
- Carriers are to be removed from the drums and securely fastened down when in the equipment truck.

COLOR GUARD

The guard is responsible for loading their equipment into and out of the truck.

People sometimes forget to load their equipment or instrument. If you see an instrument or piece of equipment lying on the ground, pick it up and get it to the truck. We cannot afford to lose anything. Please help by placing it in the truck or bringing it to the buses. All members must be responsible for their own equipment.

Performance and Uniform Procedures

Preparing yourself to put on the uniform is as important as wearing it. The way you look, and the state you are in under the uniform, will only further convey the image of professionalism and perfection we are looking to present.

SHOWERING

Everyone **MUST** shower prior to putting on the uniform. The uniforms will develop odors through just wearing them during performances.

HAIR

Because we may be performing without Shakos or other headgear, the appearance of your hair has a much larger impact on the visual image the corps presents on the field than previous years.

To set a consistent baseline for the corps, all members must maintain their hair in their natural color (no dyes or other colorants). We prefer a close cropped or slicked back style for male members. If you have longer hair (male or female), it must be styled to conform closely to your head, in a bun or other similar style for performances.

A range of allowable performance hairstyles will be chosen by the design team to help shape the appearance of the corps on the field. Visual Staff and Section Leads will help you determine an appropriate performance style for your section.

FACIAL HAIR

Males are permitted to have facial hair if it is maintained in a neatly trimmed fashion. Corps Administration has the final authority on what is acceptable.

GLOVES

For rehearsal all brass members and color guard members should be wearing gloves. For brass these are cotton or Mechanix brand gloves work well along with any other durable glove. Avoid purchasing gloves with a lot of grips on it. It may cause excessive scratches on the instrument. Do not wear practice gloves for shows and performances. The care and maintenance of show gloves are the responsibility of the member, you will receive a limited number of gloves to use. You will be provided with specific instructions by your Caption Supervisors and Section Leads. Please follow them. Color guard your gloves will be determined by the color guard staff and those recommendation will come later.

COMPRESSION SHORTS/SHIRTS

Brass and percussion - A white compression shirt is the only permissible apparel underneath the uniform. You must wear a compression shirt at every show. You should own two compression shirts and not use the same shirt for more than a week. You should also purchase compression shorts for under your uniform as well (5 pairs – 2 shows at most on the same pair).

WHITE SOCKS

Brass and Percussion, performance socks should be no shorter than calf-length to prevent any skin from being shown (5 pairs – 2 shows at most on the same pair).

JEWELRY/MAKE UP

Do not be excessive with jewelry. Simple stud earrings are fine. Hanging earrings are not acceptable. All other piercings should be taken out or covered. Necklaces or religious pendants may be worn underneath the uniform. Brass and percussion should not wear make-up in performance. Show makeup for Guard members will be determined by Guard Staff and communicated to members once it is finalized.

WEARING THE UNIFORM

When you are wearing the uniform, you are not looked upon as an individual but as a member of a well-respected drum corps representing the tradition of the Seattle Cascades and our community. Most of the fans that see you behind the scenes will form their opinions of the entire organization from how you behave in uniform. This also applies to when you are wearing your corps jacket or any other time that you are outwardly representing the corps.

It's an honor to wear the Seattle Cascades uniform, and you only have a limited amount of time to march in the corps - make the most of it and carry on the pride and honor that has lived with the organization for more than fifty-two years.

UNIFORM ETIQUETTE

When you are in uniform the following rules apply:

- **If the jacket is on your body, it should be fully zipped and positioned properly.** There may be circumstances due to extreme heat where you are permitted to unzip your jacket to cool-off. This instruction will be given by the Drum Majors, Staff, or Administration only.
- No food or drink other than water.

- Do not run while in uniform. Besides looking unprofessional, if you fall you could injure yourself and damage the uniform.
- While in uniform, do not wander off by yourself; and unless given permission, stay together with your section or crew. Do not move from place to place alone while in uniform.
- Do not lean or sit on anything – including the ground, while in uniform unless instructed.
- Never swear, even mildly while in uniform.
This is disrespectful to the uniform and the organization.
- Never speak about other corps or other corps members in a demeaning manner.
That is not our style (in or out of uniform).
- Do not polish your horn or your shoes while in uniform.
- Avoid putting uniforms on the ground. Keep them on their hangers when you are not wearing the uniform. During show warmups, there will be a specific procedure to fold and set uniforms while preparing for the show.
- Do not change into or out of uniform in full view of the public.

“HALVES”

Halves, denotes wearing your pants **fully zipped and shoulder straps up**, with white under armor/spandex shirt, white socks and shoes.

STORING THE UNIFORM

Veterans and staff will demonstrate the appropriate way to hold and fold their uniform. The uniform should be promptly returned to the equipment truck for storage after each performance hung properly. Please do not throw you uniform in the bag. Do not fully zip up your garment bag so that the uniform has a chance to dry out.

PLUMES

When we wear shakos for performance, please take care of the Plume. Plumes are very delicate. They will either be in the plume case or in your shako. If your Plume gets wet, be sure it is dry before returning it to storage.

PANTS

It’s obvious that you do not leave your pants crumpled on the floor, but it is also important to hang them properly. Make sure the creases are lined up and that it hangs evenly over the hanger. Make sure that it is placed equally on the hanger, so it does not slide off into the bottom of your garment bag.

JACKET

The hanger should curve forward into the shoulders of the jacket, not backwards. The jacket should be zipped all the way up while being stored.

SHAKO

When placed on the truck, your shako should be placed in its appropriate, assigned spot. When getting ready you may place the shako with the brim on the ground or around your hanger. Please do not place it upside down. We will show you how to hold your shako while not being worn, and should be carried

this way whenever being help. Shakos should never be held upside down or in any other odd position and should never dangle from the strap.

Shakos, when worn, must always be worn in the proper front facing position and never backwards or in any other odd position and should only be worn for performance purposes and should be put on or removed only by permission.

Do not wear someone else's shako and never let a non-corps member wear a Seattle Cascades shako.

SHOES

Your shoes are part of your uniform and should be cared for appropriately and kept clean.

POST-SHOW

When coming off the field, you are still performing. Even after you are dismissed from the post-show discussion, please continue to follow uniform protocol. Remain in performance mode until we have circled up and the Drum Major has instructed you to relax.

Once dismissed from the post-show discussions occur, please change out of your uniform as quickly as possible and return it and your instrument to the truck. This will allow the rest of the corps to begin loading the truck. Do not change out of uniform in full view of the public. Keep in mind that you are still representing the Seattle Cascades.

RETREAT/ENCORE PERFORMANCES

While waiting at show sites, preparing to move, and while the corps is at retreat or in an encore arc, please look to veterans and staff for procedures. Move as a unit and conduct yourself in a professional manner. Assume you are being watched and are in "performance" mode and representing the Seattle Cascades the entire time while at any performance site. At most shows, there will be a retreat for Drum Majors only.

FAMILY AND VISITORS

Family members and visitors can attend rehearsals and shows but may not interrupt rehearsals or show warmups. Members are free to visit family members and friends during a designated break or free time at a rehearsal site. At a show site, once we begin our show prep time, you are in performance mode and will not be able to visit family or friends until after the performance and following the post-show discussion and dismissal.

Family is permitted take student members off campus or away from a performance venue ONLY with approval of an administrator. It is the member's responsibility to return to the corps vehicles at the designated time.

Please follow proper uniform procedures before going out with your family.

ACKNOWLEDGMENT AND AGREEMENT

By signing this Acknowledgement and Agreement page, I acknowledge that I have read and understand all materials presented in the 2023 Seattle Cascades Member Handbook. Any questions I have regarding it have been fully answered to my satisfaction.

In signing below, I further agree to abide by and be bound by the policies, terms and conditions as set forth in it.

I also understand that this handbook is meant as a supplement to any other document I may have signed in becoming member of the Seattle Cascades and that I am still bound by any and all such document or agreements.

PRINTED PARTICIPANT NAME: _____

PARTICIPANT SIGNATURE: _____ DATE: _____

TO BE SIGNED BY PARENT/GUARDIAN IF THE PARTICIPANT IS UNDER 18 YEARS OF AGE

The undersigned parent and/or legal guardian and the participant recognize the importance of this policy and the participant agrees to fully comply all applicable laws, policies, rules and regulations, and the instructions of any staff, volunteer, admin or director representing the organization regarding participation in this activity.

PARTICIPANT NAME: _____ AGE: _____

PARENT/GUARDIAN NAME: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____