

## MAINTAINING YOUR HEALTH 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 Health and Wellness Team 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 ANYTHING 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 AND WELLNESS TEAM

- Is the performer currently:
  - Bleeding profusely?
    - Example: Hit on the head, or blood is dripping.
  - Unable to walk?
    - Example: Rolled ankle, potentially broken bone.
  - Unconscious?
    - Example: confusion, hit on the head, passed out.
  - Showing signs of heat stress?
    - See heat illness information for greater detail
  - Showing signs of COVID/Influenza/Common Cold?
    - Some combination of chills, coughing, fever, soar/achy muscles, shortness of breath?
- If yes, staff will contact the Health and Wellness Team.
- If no, performer should see the Health and Wellness Team on their own time (break, meals, after rehearsal)

### IF A PERFORMER NEEDS TO VISIT A MEDICAL FACILITY

- H&W/Admin staff will work with member for transportation to a medical facility when necessary.
- Adult performers 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.
- We HIGHLY recommends having insurance cards available at all times.
- Telehealth Services will be available to performers, at their expense.
  - If telehealth is not a viable option, and a performer needs to see a doctor, the nature of tour often dictates a visit to urgent care facilities, even if the situation is not urgent.

## 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.
- We 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.