

Arkansas School Band and Orchestra Association



Minutes from the ASBOA Executive Board Emergency Called Meeting Tuesday, March 26, 2024 – 8:00 PM *Draft Updated – 3/27/2024*

Call to Order – Keith Matthews, President 2023-2024

Attendance: Keith Matthews, President, Scott Villines - 1st Vice President, Greg Bruner - Parliamentarian, Erica Hann – board member, Brian Pearson – board member, Jon Shultz – board member, Rachel Loretz – board member, Chris Moore – Board Member Elect, Doug Blevins – Immediate Past President, Casey Buck – State Orchestra Chair, Region 1 - Shay Wilson, Region 2 – Daniel Dunn, Region 3 - Kelsey Hicks, Region 4 - Aaron Decker, Region 5 - Kim Webb, Region 6 – Albert Ortiz, Region 7 – Sarah Miller, Region 8 – Aaron Durham, Region 9 – Todd Johnson, North Orchestra – Rachel Czech, Executive Advisory – Grant Brinkle, Omar Taweel, and Kara Reynolds.

Mr. Matthews asked Mr. Dove to provide the information concerning AAA’s request to have students involved in marching band to have record of physicals and for marching bands to use the Wet Bulb Thermometer.

Mr. Dove presented the proposed policy that the board and full membership has had fifteen days to review. He explained that the AAA board will be reviewing the AAA policies and they need our policy to be a part of their information packet by next week. Because of the short time frame, the action by the Executive Board will be final.

Proposed Policy from the Rules Committee:

Appendix G Marching Band Activity Rules and Guidelines

1. Student Physicals

To be in compliance with Arkansas Activities Association’s policies concerning physical activities (AAA Handbook: Article III, Section 1, Rule 16 and Article III, Section 2, Rule 2) students involved in marching band will provide verification of a physical examination prior to beginning marching band practices for the school year to be an eligible participant. Using an ineligible student will result in disqualification. Students involved in auxiliary unit auditions (drum major, color guard, majorette, etc.) will have on file record of a current physical examination. The yearly physical shall be reasonably expected to be within 12-15 months. (Example – physical taken in May will be considered current for the following school year.)

Rationale: The directors and school administration must be assured that the students are physically fit prior to beginning practices as well as competition. The health and safety of students falls directly under school care.

2. Wet Bulb Globe Thermometer

Marching bands that practice or perform outside will follow the RECOMMENDED USE OF WET BULB GLOBE THERMOMETER. In 2019 the Arkansas Activities Association approved the Wet Bulb Globe Thermometer (WBGT) as the recommended measurement device for measuring acceptable heat/humidity levels for practices. The WBGT device is a measurement tool that uses ambient temperature, relative humidity, wind and solar radiation from the sun to get a measure that can be used to monitor environmental conditions during exercise.

The American College of Sports Medicine has recommended WBGT guidelines that dictate modifications in activity (work: rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures to prevent Exertional Heat Stroke. The table below is to be used when the WBGT reaches an unsafe level. The table represents modified guidelines from the American College of Sports Medicine in regard to:

1. The scheduling of practices at appropriate WBGT levels
2. The ratio of workout time to time allotted for rest and hydration at various WBGT levels
3. The WBGT levels at which activities should be terminated

WBGT UNDER 82.0	Normal activities. Provide separate rest breaks each hour of practice. Breaks should equal 10 minutes per hour.
WBGT 82.0 - 86.9	Use discretion for intense or prolonged exercise; watch at-risk students carefully; Provide at least three separate rest breaks each hour for a minimum of 4 minutes in duration for each.
WBGT 87.0 - 89.9	Maximum length of participation within this range is 2 hours. <u>All Activities:</u> there must be 20 minutes of rest breaks distributed throughout the hour of participation.
WBGT 90.0 - 92.0	Maximum length of participation with this range is 1 hour. <u>All Activities:</u> there must be 30 minutes of rest breaks distributed throughout the hour of participation.
WBGT OVER 92	No outdoor practices. Delay practice until a cooler WBGT level is reached.

The National Weather Service created a web page for Arkansas schools to use to learn about heat stress, wet bulb globe temperatures, and forecast wet bulb globe temperatures across Arkansas. The page contains information on: heat and your body, current heat index values across Arkansas, how wet bulb globe temperatures are monitored, current estimated wet bulb globe temperatures across Arkansas, and a wet bulb globe temperature 3 day forecast for planning practices and preparing for events. The link to the web page "Heat Stress" can be found on the AAA website or at <https://www.weather.gov/lzk/hwave.htm#wbg>

A scientifically-approved instrument that measures the Wet Bulb Globe Temperature (WBGT) should be utilized at each practice when the temperature is greater than 80 degrees Fahrenheit. The instrument should be set up 30 minutes prior to practice and should be read 15 minutes prior to the start of practice. WBGT readings should be taken every 30 minutes during practice. Follow the manufacturer's recommendation for recalibration.

For WBGT – Practices are defined as: the time period that a participant engages in a director-supervised, school approved outdoor or conditioning-related activity. Practices are timed from when students report to the practice/workout area until the students leave the area. If a practice is interrupted for a weather-related reason, the "clock" on the practice will stop and will begin again when the practice resumes.

Conditioning activities include things such as stretches, calisthenics, weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time. A walk-through is not a part of the practice and may last no longer than one hour. Walk-through activities may not include conditioning activities.

Rest breaks may not be combined with any other type of activity and students must be given unlimited access to hydration. Breaks must be held in a "cool zone" where students are out of direct sunlight.

For regularly scheduled competitions; use appropriate EAP for high temperatures and humidity, consider altering start time, ensure students are properly hydrated and acclimatized, and provide extra time outs for rest and hydration.

Rationale: Due the rigorous nature of modern marching band rehearsals and performances, the Arkansas Activities Association has included marching band, both competitive and non-competitive, to its list of activities that require a physical for participation. These physicals shall have the same requirements as other athletic activities such as football, basketball, etc., as required in the AAA Handbook. These guidelines are not only in place to protect the student, but also the director, should any health issue occur. In addition, the AAA has added the Wet Bulb Globe Thermometer rule for outdoor practice for the safety of students and staff of marching bands.

Action by the Executive Advisory Committee

Recommends : Do Pass

For – 7, Against – 0

Executive Board:

Motion to Accept by Scott Villines, Second by Jon Shultz

For – 21, Against – 0

Action: Do Pass

Meeting was then adjourned by Mr. Matthews.