

# COLTS & COLT CADETS PRE-PARTICIPATION PHYSICAL EXAMINATION FORM

## THE DRUM CORPS EXPERIENCE

Participation in Drum Corps is physically, mentally and emotionally demanding. Marching members should have made every effort to be properly conditioned for the activity and have a clear understanding of how to manage any preexisting injury, illness or medical condition. Marching members will need to carry instruments, learn music and perform complex movements. Instruments range in weight from 3 pounds to 45 pounds, and most instruments will need to be carried for multiple hours each day. Members will march the equivalent of 6 to 13 miles each day. Rapid marching movements forward, backward, and sideways are required. There are often interspersed dance and acrobatic moves. Rehearsal and performance schedules involve greater than 8 hours of activity per day. Estimated caloric requirements are greater than 5000 kcal/day. Environmental conditions often involve high heat and humidity. Overnight travel is frequent. Members sleep on buses, gym floors and other such locations.

## RISKS

Adequate preseason conditioning can help reduce the risk of overuse injuries. Each drum corps has guidelines in place to reduce risk; however, members are expected to follow instructions from the corps staff as well as take responsibility for their own health and safety. Each member is expected to have a reasonable level of fitness at move-ins. Early reporting of medical, musculoskeletal, and mental health issues is expected.

## FOOD

Corps provide meals to the members. While corps *may* be able to accommodate special diets, the prospective member should contact the corps to find out if their special dietary requirements (i.e., gluten free, vegan, lactose free, etc.) can be accommodated. Prospective members who follow certain diets may not be able to consume adequate calories/nutrients to remain healthy. Estimated caloric need is 5000-7000 kCal per day.

## MEDICATION

Members who require medication are responsible for having access to enough medication for the duration of the summer season (at least a 3-month supply). In the case of critical medications (i.e. insulin, epi pen, etc.), members must have additional medication readily available in case the primary supply is lost, damaged, or otherwise not available. The corps travel itinerary may make it difficult to obtain immediate replacements from a pharmacy. The member is responsible for having a discussion with their medical provider with regards to travel plans and the process of getting refills on the road.

## IMMUNIZATIONS

During the summer drum corps season, members live in very close proximity. Appropriate immunizations (such as the meningococcal vaccine and tetanus vaccine) are strongly encouraged. Immunization records will be kept with each member's medical record. It is at the discretion of each corps whether an unimmunized or underimmunized individual will be contracted.

## HEARING

Musicians are at risk for Noise (Music) Induced Hearing Loss. Despite rehearsing and performing outdoors, drum corps members can be exposed to sound levels which place them at risk for hearing loss. Members are encouraged to utilize musician's earplugs at all rehearsals and performances. It is recommended hearing testing be performed on a yearly basis.

## CARDIOVASCULAR DISEASE

Any prospective member with a history of heart disease should be carefully evaluated for participation in drum corps. While not specifically addressed in the current Bethesda Guidelines for cardiovascular abnormalities, drum corps activity is likely in Class I C, Class II B&C, and/or Class III B&C.

## SEIZURE DISORDER

Any seizure disorder must be well controlled on medication. Individuals whose seizures may occur with poor sleep, high intensity activity, physiologic or emotional stressors should strongly consider, in consultation with their health care provider, whether this activity is appropriate for them. Members are responsible for discussing medication dosage adjustments due to extreme conditions and physical activity with their health care provider, as well as provide an action plan for the corps in case of seizure activity during corps activity.

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### **DIABETES**

Members with diabetes should demonstrate excellent control of their diabetes and understand diabetic SELF-management well. They should have an action plan for diabetic emergencies, addressing their symptoms of high and low blood sugars as well as detailing the response to these symptoms. This plan should be written and communicated clearly to the corps health personnel. Emergency glucose tablets must be kept on hand in the member's backpack at all times. A backup glucometer and test strips should be maintained and kept by corps health personnel in addition to the member's own glucometer. The member's endocrinologist should be readily available for phone consultation, should the need arise. Consultation with the dietary staff is recommended prior to the start of spring training. Storage of medications needs to be discussed at that consultation. The member must have arrangements for at least a 3 month supply of medication(s). It is highly recommended that the member has a minimum of 6 months, preferably 1 year of experience with their insulin delivery system prior to move-ins.

### **ASTHMA**

Asthma should be well controlled before participating in drum corps. If an individual with asthma is unable to have good control of their illness despite medication, has a history of requiring hospitalization or emergency room visits, and/or has required a burst of oral steroids to treat their asthma, they should strongly consider achieving good control of their asthma before participating in drum corps.

Members with asthma should have an adequate supply of their medications for the summer tour (at least a 3-month supply), including at least 2 rescue inhalers and 2 spacers. The member should have a written emergency action plan, one copy which will be kept with them in their dot book and another copy with their medical file.

### **ALLERGY OR ANAPHYLAXIS**

Prospective members with a history of allergies or anaphylaxis are responsible for providing an individual emergency action plan (such as the FARE form at [www.foodallergy.org](http://www.foodallergy.org)) and having all required emergency medications with them at all times and back up medications to be kept by the health and wellness staff.

### **ORTHOPEDIC ISSUES**

Any musculoskeletal problem should be thoroughly rehabilitated prior to move-ins. The drum corps season is physically and mentally stressful, and what may be a minor problem can be exacerbated by the rehearsal and performance schedule. Individuals who have had orthopedic issues or orthopedic surgery should obtain clearance from their orthopedic physician/provider before participation. The prospective member should communicate the demands of drum corps to their orthopedic physician/provider.

### **MENTAL HEALTH**

Members with a history of mental health issues should be assessed by a mental health practitioner prior to participation. Drum corps is a high stress activity – included stressors related to being a public performer, as well as participating in an activity with numerous environmental challenges (e.g., long practice days, extensive travel, variable sleep conditions, performance expectations by instructors, and extensive peer interaction). Members with a prior history of, or who are currently prescribed, psychiatric medication, should be re-assessed with the consideration of the aforementioned stressors in mind. When possible, 90-day prescriptions should be considered – as refill of medications while touring can be challenging. If a member is prescribed a medication where a 90-day prescription is not possible – for example, stimulant medication for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD)--a plan should be implemented to prevent lapses in treatment. Also, for ADHD in particular, consideration of the rehearsal and performance schedule may require modifications in medication dosing schedule to accommodate the long hours of daily activity (i.e., extended and short acting release).

### **RELEASE OF INFORMATION**

It is recommended that for all members with chronic medical conditions, a release of information form be signed at your medical provider's office (i.e. endocrinologist, neurologist, etc.). This will facilitate communication with your provider about your care, in case of emergency or another situation in which you are not able to speak with them.

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NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ SEX \_\_\_\_\_  
 CITY, STATE, ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

Age \_\_\_\_ Height (in): \_\_\_\_ Weight (lbs.): \_\_\_\_ BP \_\_\_\_/\_\_\_\_ Pulse \_\_\_\_

Vision R 20/\_\_\_\_ L 20/\_\_\_\_ Glasses or Contacts? (Circle)

List any pertinent medical, orthopedic, mental health, illness, injury, history, issues, or concerns: \_\_\_\_\_

	Normal	Abnormal Findings/Comments
Cardiovascular		
Respiratory		
Skin		
Neurological		
Abdominal		
Genitalia/Hernia		
Musculoskeletal		
Neck		
Shoulder		
Elbow		
Wrist		
Hand		
Back/Spine		
Knee		
Ankle		
Foot		
Other		

Laboratory Tests Performed with results: \_\_\_\_\_

Allergies/Hypersensitivities: \_\_\_\_\_

Clearance:           Cleared, no restrictions  
                           Not cleared, due to: \_\_\_\_\_  
                           Cleared with noted reservations, or evaluation/rehabilitation for: \_\_\_\_\_

Physician Name: \_\_\_\_\_ Clinic: \_\_\_\_\_

Physician Address: \_\_\_\_\_

Physician Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Signature: \_\_\_\_\_

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## COLTS and COLT CADETS TECHNICAL STANDARDS

The Colts and Colt Cadets are rigorous and intense programs which place specific requirements and demands on participants (members, staff, and volunteers). The technical standards establish the essential qualities considered necessary to achieve the knowledge, skills, and competencies of a participant, as well as meet the expectations of Drum Corps International (DCI) guidelines. The following abilities and expectations must be met by all participants in the Colts and Colt Cadets. In the event a participant is unable to fulfill these technical standards, with or without reasonable accommodations, the participant will not be able to continue with the group.

Compliance with the technical standards does not guarantee a participant's eligibility for Colts or Colt Cadets.

### Candidates for selection to the Colts and Colt Cadets must demonstrate:

1. The mental capacity to assimilate, analyze, synthesize, integrate concepts, and problem solve to formulate drum corps productions.
2. Sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical demands using accepted techniques; and accurately and safely use equipment and materials.
3. The ability to communicate effectively and sensitively with others, including individuals from different cultural and social backgrounds. This includes, but is not limited to, the ability to establish rapport with others and communicate self-advocacy and self-awareness. Participants must be able to understand and speak the English language at a level consistent with appropriate participation in all activities.
4. The capacity to maintain composure and continue to function during periods of physical and mental high stress.
5. The perseverance, diligence, and commitment to complete the camps and tour as outlined and sequenced.
6. Flexibility and the ability to adjust to changing situations and uncertainty in various settings.
7. Affective skills and appropriate demeanor and rapport that relate to drum corps.

Candidates for selection to the Colts and Colt Cadets will be required to verify they understand and meet these technical standards, or they believe that, with certain accommodations, they can meet the standards. This is done by signing the technical standards guidelines each year prior to beginning the tour season.

The Colts director and Colt Cadets director will evaluate participants who state he or she could meet the technical standards with accommodation and confirm the stated condition qualifies as a disability under applicable laws. The participants must meet with the director each season regarding any accommodations. Additionally, the participant must notify the director of his or her intent to use accommodations in writing, at least annually, and meet the technical standards that apply.

If a participant states he or she can meet the technical standards with accommodation, then the appropriate director will determine whether they in good faith concur. This includes a review as to whether the accommodations requested are reasonable, taking into account whether accommodation would jeopardize the safety, and/or the process of other participants or the organization.

I certify I have read and understand the technical standards listed above and I believe to I can meet each of these standards with or without accommodations. I will contact the appropriate director to determine if accommodations may be available if I have a situation potentially necessary for accommodation. I understand if I am unable to meet these standards with or without accommodations, I will not be able to continue with the Colts or Colt Cadets.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date Signed                      Member's Signature                      Printed Name

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date Signed                      Parent Signature (if member is under 18)