

MARCHING SAFELY

Marching band season is a glorious time to be outside, but temperatures can also vary between extremely hot and extremely cold. Student safety is the primary concern. As temperature fluctuates it can impact intonation, endurance, technique, accuracy, range, projection, and especially morale. In cold weather, winds go flat and tuned percussion go sharp, and the opposite occurs in hot weather. As long as students are appropriately prepared, the experience can be positive and successful. Being wet also changes the body's tolerance at all temperatures. Weather apps such as NOAA, The Weather Channel, and RainAware are useful in anticipating inclement weather.

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MARCHING IN HOT WEATHER

Heat becomes a serious risk above 90° and at even lower temperatures when relative humidity climbs above 50 percent with a mounting heat index (how hot the body actually perceives it to be). Signs of heat stress include heat rash, heat cramps, heat syncope, heat exhaustion, and heat stroke. Hydration is imperative before, during, and after marching band practice, and water is best.

MARCHING IN COLD WEATHER

Cold becomes a serious risk below 50° and increases with the wind chill factor (how cold the body perceives it to be due to the wind flow). The presence of snow and ice can also be dangerous. Students should use extreme caution below freezing (32°) as instruments begin to freeze (valves, slides, keys, and contact points with exposed skin).

MARCHING BAND WEATHER INDEX	TEMPERATURE ▾	BASE OUTFIT ▾	LAYERS ▾	ACCESSORIES ▾
	Above 100°	Use extreme caution; consider postponing or canceling activity.		
	90°-100°	Shorts, short-sleeved shirt	n/a	Hat, sunscreen, water
	80°-90°	Light, loose-fitting, breathable clothing	n/a	Hat, sunscreen, water
	60°-80°	The golden window for marching band!		
	50°-60°	Warm comfortable attire	n/a	Water
	40°-50°	Long-sleeved shirt, full-length pants	Sweatshirt or jacket	Water
	30°-40°	Long-sleeved shirt, pants or tights	Heavy jacket	Gloves, hat/muffs, water
	20°-30°	Use extreme caution; consider postponing or canceling activity.		