

Blue Saints Tour Guide

Welcome to our new season!

Touring is a tremendous challenge. It will not always go as planned, it will be exhausting and it will involve hardship and frustration. Mistakes will be made - some yours, most not, and there will be days you will wonder what you have gotten yourself into. *Sounds like fun, eh?*

It will also be one of the most profound, important and exciting experiences of your life.

Our goal is to operate our tour in such a way that you can concentrate on what you do best -performing. Advance preparation and planning on your part is important. Please read this guide over - **carefully** - with your parents – so we all start together.

The details discussed here are important and are given as **expectations, not**

suggestions. Our road operation has been developed over many years. It works.

But, it works only with everyone doing his or her share - reliably and enthusiastically. If you have any questions or suggestions, talk to us. Some very good ideas have come from members, parents, volunteers and staff. Above all, be flexible, have a great sense of humor (*especially when it's not funny*), be positive, be creative and do your part (plus just a little more). It is important we can count on you, just as you need to count on everyone else. Have a great summer, and before you leave, make sure you give your parents a big hug and thank you for making this opportunity possible for you. Welcome to tour!

Important contact information

Saints office phone 705 692 JOIN

Saints office fax 705 523 1853

Sheila's cell 705 669 7313

(please use cell phone only when absolutely necessary)

E-mail bluesaints@canada.com

Corps website www.bluesaints.com

Key people for you to know this summer

Sheila Ripley, Executive Director

Mark Ripley, Youth Programs and

Operations

Mark Ripley, Tour Director (on tour with the corps)

, food and volunteer coordinator

Overall guidelines

We have two simple rules:

1. You will not break the law
2. You will not embarrass the organization.

A good rule of thumb is to think about it, and think about it again. If you still aren't sure it's a good idea, *it isn't*. There is a big difference between a problem and an inconvenience. Know the difference! Most things that will go wrong on tour (or in life for that matter) are inconveniences. Some people will be learning this very important life lesson for the first time this summer.

Take a positive and CAN DO attitude into every situation in a way that helps lead to a solution.

Remember two things always:

- 1) ***THIS IS NOT SUPPOSED TO BE EASY!***
- 2) ***YOU DECIDED YOU WANTED TO DO THIS!***

The adults will not be looking over your shoulder and supervising you because we assume (and we operate with the assumption) that in you, we have a professional, motivated, responsible and successful person. If we don't, tour will not work and you will not have a good time here. These guidelines are managed and implemented by the members, with direction from staff. Peer leadership is a critical ingredient in our operation and one that also provides opportunity for growth for our members. If you have problems, suggestions or gripes, they should be discussed with the people who are responsible for tour operations. Problems can be solved and ideas implemented, but only if information is shared with people who can do something about it. If you are aware of a problem, it is your responsibility to help get it solved by communicating with the appropriate people.

Inversely, discussing problems or gripes with people who are not able to do anything to solve it is called bitching. We don't do that. Everything you do reflects on all. Conduct of a mature professional is what we expect from everyone, and what we are known for. We have a reputation for professionalism and it is very important to us. Please do your part.

Other Important Absolutes

Any intentional misuse or abuse of property or stealing or exchanging of equipment or property will not be tolerated. A member may be dismissed and legal remedies may be pursued. This includes any item, no matter how "insignificant," belonging to another member, another corps or to a housing site. You are expected to be neat in all facilities you occupy, including housing sites and buses. We leave a school cleaner than when we arrive and are known in the activity as a corps that can be trusted. Your participation in any performance or activity is at the discretion of the Executive Director or his designee. You may not leave a housing site or a show site without checking with the designated in-charge person. We do not go around the corner to the McDonalds or Dairy Queen during a show or during a rehearsal day no matter how close they are and how good the grease smells. Eat with the corps at every meal. All members are expected to participate in finale, with the exception of the members of the pit who are assigned equipment responsibilities or national party duties. There may be a time a member will need to sit out of rehearsal to recover from injury or illness. If you need recovery time off, take recovery time off. June heroes become August blanks. To march in that evening's show, you must participate in the end of the day full ensemble session and run through, however. Changes will have been made during the day, and you need to know them so you don't kill yourself or someone you love in the show. If you do not march a show due to injury or illness, you will stay on the bus during the show and finale to expedite your recovery. If that is the case, a bus will be left running for you to enjoy the air conditioning and a movie. This is not punitive, it is to allow you the rest you need to get back in the show quickly. If an injury or illness has kept you out for three days, we will consider sending you home for recovery. Tour is not the place for healing and recovery from significant injury or illness.

The equipment truck

It is our lifeline. Truck details are crucially important. If 30 to 60 people all do things a little differently than planned, it does not work at all. We need to load and unload in a short amount of time.

Safety is key. There is a 4-foot drop off from the front door to the ground. You can be badly hurt if you are not careful.

EVERY piece of equipment has an EXACT place to be. Each time even if it is a little inconvenient,

Members sometimes want to practice right up to the moment of departure. That is fine, however, the doors are shut and locked 5 minutes before departure. It's a long ride to the next town with a drum on your lap if you're late.

Hang your uniform in its place. There will be no uniforms or uniform parts in the bays or tucked in behind your equipment.

The handles on the truck doors must be folded down when the doors are open. If they are left in the open position, they punch holes in the side of the truck and in the bodies of members.

Locks are hung through the handle, not laid in the bay, on the ground or in your pocket.

No garbage, no matter how insignificant, anywhere on the truck. That includes shelves, floor or under the steps. We do not tour with a 48-foot garbage truck. If you see garbage or litter on the truck, pick it up and throw it away.

Bus- your home on wheels

Your bus seat is your friend and will be the closest thing you have to a room of your own for weeks. Aside from getting along with your seat partner, there are things that make living with 46 of your "closest" friends a little easier. Respect each other's space and stuff. Pretend your neighbor's seat and rack space is his/her personal bedroom and it'll be fine. It's as close as we can get. Get off the bus only when instructed to do so. Important information is shared each time we stop before we get off the bus. Each bus has a member-elected captain who is responsible for coordinating daily cleaning plus passing on announcements and information and keeping seating charts.

The role of adults on the bus

The adults who ride the bus are there to get to the next city just like you, but they serve important

roles in the event of illness or injury and should be treated as a welcome guest. Although members are responsible for their own behavior on the bus, the adults have the authority to intervene if needed. If a situation ever arises that an adult needs to step in, it will likely be time for a new bus captain.

Bus seat assignments

Bus seats are assigned. Line up a seat partner in advance. The most veteran members select their seats first, provided they have turned in all necessary paperwork (birth certificate, medical form). People with incomplete files will choose their seat last. Seat selection is the only time seniority is important in the Saints. (prior Little Blue membership counts as 1 year of experience) You must sit in your selected seat each time we pull out of a stop so we know you are there. You may change seats within your bus with the approval of your bus captain and your new seat partner. You may change buses only if you have the permission of both bus captains, both bus drivers and your new seat partner. A seating chart is kept and must be accurate. You will never be on a bus that is not yours when we pull out of anywhere for any reason.

Sleeping on the bus

Good idea: Bring a pillow and blanket for the bus. Nights get chilly and you must be as comfortable as possible for bus sleep. Members may sleep on the floor, but never in the racks. If you sleep on the floor, you assume the risk of being stepped on. You must get up off the floor each time we stop. At no time will walking on armrests be tolerated.

Other bus things

We have 1 member bus: Silver Streak and has its own legacy, history and culture. This is a VERY distinct community. Smoking is not permitted on the bus. Restrooms are NOT used for storage or garbage. Special note for percussionists: Drumheads and practice pads are all designed to be hit with sticks. Hitting them is a good thing. Bus seats and arms, windows, other people, gym floors, table tops/sides/legs and the like are not. Hitting them is a bad thing.

Bus sleep is critical for survival!

Lights out will generally be 45 to 60 minutes after departure. Once in a while (about one night per week), we will stay up to have time for movies or special bus celebrations your bus may want to observe. These later evenings will be scheduled in advance and will be the same night on all buses. The bus has a video system. You may bring videotapes to share. Mark the case and videotape with your name. If you bring videos, use discretion. What is entertaining to you can be offensive or inappropriate for someone else. If you're not sure, don't bring it. Believe it or not, there are some very

good movies out where the actors and actresses actually keep their clothes on.

Your belongings

The Saints are not responsible for lost, stolen or damaged belongings of any member or staff member. We do not always control public access to our areas, especially in housing sites and we can be (and have been) stolen from. **Do not bring anything you can't lose!**

Keep your belongings confined to your space, both in the bus and in the school. On the bus, a short and flat plastic box with a lid is a necessity, and must fit in the overhead rack or under your seat.

Good idea: Seat back pockets. Check with a returning member for details on this. They're made from a towel with pockets sewn in. They hook to the headrest in front of you and hang down the back of the seat. An elastic band holds it tight against the seat back. Anything you don't take into the school is to be left on the **bus seat** each time we arrive at our housing. The floor and the racks must be empty for daily cleaning.

Restrooms on the bus

The bus has a restroom, for use in an emergency. IF YOU HAVE AN EMERGENCY USE IT. But, each time it is used, it must be sanitized, so if you use it, notify your driver. You really don't want to experience the synergistic outcome of the metamorphosis of chemical and physical reactions of summer heat, stuffy bus, holding tanks and your bodily contribution. It's not a good thing. If you don't notify your driver, this distinct and unpleasant awakening will be the only way he/she will know they have to be cleaned. The "barn door after the horse got out" approach to odor control is not the way to do it.

Travel Stops

While traveling, we stop about every four hours for bathroom breaks, driver stretches and fuel. You may get off to use the restrooms at these stops. Do your "business" and get back on the bus. Don't be the one we have to wait for. Most stops will only last 10 to 15 minutes. Unless you have been specifically told that you MAY buy things at these truck stops, refrain from doing so. We cannot get out of these stops on time if we are buying candy and chips 60 times, and most items are overpriced at truck stops anyway. Water and restroom only. It is rare we will shop at fuel stops. Parents and staff may buy things at stops because we can handle this number of purchases in the time we have. We know; it's not fair.

Good idea: Make sure someone who is awake knows you got off the bus! A lumpy blanket and a sleeping member look the same in the dark in the driver's mirror.

Grocery Stops

Every 7-10 days, we will stop at a grocery store to stock up toiletries, snacks and other necessities. We essentially take over a grocery or Wal-Mart. We try to use a store with a large selection and as many amenities as we can find. These are scheduled in advance and on your itinerary so you can plan accordingly.

Good idea: As it relates to your packing decisions, do not carry a full summer's worth of anything consumable. Plan to buy as you go for 7-10 days at a time for all perishable and consumable items.

Good idea: Discuss in advance with your seat partner about who is bringing what in the way of bus boxes, music, snacks, seat back pockets, etc. Many things can be shared.

Laundry

We do laundry every 7-10 days while on tour. Plan on 16 days worth of clothes. You will do your own laundry. If you are not sure how, check with mom or dad before you leave. Pink socks and gloves are not part of our uniform. We use 2-3 coin laundries simultaneously, dropping a group at each one. The whole process usually takes 4 hours, and it becomes a nice break from tour, too.

Good idea: DO NOT carry detergent with you in your luggage. It spills, it's heavy and it makes everything smell. You should buy it each time. If you buy extra, leave it for the needy at the laundry.

FYI: If you're a little short or a little long on cash, you may wish to take advantage of our "laundry day underground economy". You can make some cash doing laundry for someone, or you may choose to pay someone to do yours. We have no opinion on rates, quality control or negotiations, but we thought you'd like to know.

Good idea: Carry an empty trash bag in your suitcase for dirty laundry and fill it as you go. This keeps the bouquet in check and is very handy to grab and take to the laundry. A 13-gallon kitchen garbage bag with pull ties is very good for this. Throw a couple of sheets of Bounce in the bag to help with the fragrance. Keep this dirty clothes bag in your suitcase, *not loose under the bus*.

Good idea: When making those important decisions about what and how much to bring with you, remember that dirty clothes take up significantly more room in your luggage than clean clothes that are nicely folded. Plan accordingly.

Good idea: Your quality of life will be in inverse correlation to how stuffed your suitcase is. A suitcase about 75% full is full. You will also pick up souvenirs along the way. If it barely closes before you leave, it will not be fun later.

Good idea: Lots of pictures! Bring a camera, or cameras, but bring one you can afford to lose! Disposable cameras with flash are great and cheap.

(you'll need flash) There will be a day when you are 40 years old when you will be going through all the memorabilia. You will be very thankful you have so many photos, show programs and weird keepsakes of the summer. Trust me, your kids will not believe you were young, beautiful, tanned and hard-bodied once unless you can prove it.

Tour Itineraries

We will prepare two itineraries this summer. #1 will cover June 25 to July 25, #2 July 25 to Aug 18. The itineraries will be made available to parents prior to departure, and will be posted on the web site. They will be prepared and posted at the last minute, perhaps even the day we leave, as we invariably have to wait for information from a sponsor or two. Members get theirs as they get on the bus at the start of each tour. *Put your name on it.* Without an itinerary, you will have no idea what day it is or what state you are in. The itinerary contains extensive information on housing, phone numbers, show information, departure and arrival times, free days, laundry days, grocery stops and additional information as needed.

Packing for tour

Limited bus space requires careful planning on your part, but in the long run you will appreciate your efficiency. *Everything you bring on tour must fit into one carry on bag, one suitcase and one sleeping bag roll.*

There will be **size restrictions** on your luggage and they will be enforced.

1) A sleeping bag/pillow/blanket. Foam pads or air mats are allowed but remember be respectful due to space considerations. Your sleeping bag **must be 18" or less in diameter** when folded and rolled. Fold it in half lengthwise, roll it up and then measure it. Adults MAY bring pads or air mattresses, but the smaller the better!

Good idea: Bring a sleeping bag that has a waterproof nylon cover. Damp bags are very unpleasant and they take DAYS to dry!

2) A carry-on bag. ONE ONLY! A reasonably sized (gym bag or backpack sized) bag is to be with you on the bus. It must fit in the overhead rack, which is much smaller than on an airplane.

HINT! THIS SECTION DISCUSSES HOW TO AVOID THE SINGLE BIGGEST SCREW-UPS THAT HAPPEN EVERY YEAR. THE BUS CAN LEAVE WITHOUT YOUR PERMISSION!

You will carry your uniform shoes, socks, plume, gauntlets, gloves and other uniform items in the bag AT ALL TIMES. In addition, you will carry one full days' worth of shower supplies, towel and change of clothes, including what you need under your uniform.

You will take your carry on bag, full of ALL of your uniform parts off the bus with you EVERY

time we enter a housing site. (Yes, believe it or not, this includes marching shoes!)

Once the bus bays are closed we WILL NOT open them again for you because scores of pieces of luggage and suitcases end up on the ground to do so.

There will be times (usually not always known in advance) when we will pull in to a school, shower, dress for the show and leave without ever opening the bays. This carry-on can also hold your Walkman, tapes, books and such, but it MUST have all of our uniform parts and one day's worth of clothes and shower supplies.

Good idea: Have a shoulder strap for your carry on bag so you can carry it, your sleeping bag and suitcase at one time.

HINT! (IN CASE YOU MISSED IT THE FIRST TIME): Your carry on bag is **ALWAYS** taken with you when you get off the bus at a housing site and it will **ALWAYS** contain what you need for a shower, a change of clothes and a show. The bus may leave during the day for fuel and repairs and return right before, during or even after a show. They may return long after you need the articles you left. Yes, they are free to, and will, leave without your personal permission. Take your belongings in with you each time we get off the bus at a housing site.

3. Your suitcase. You can bring one full sized suitcase of a size and weight you care to deal with at 4 A.M. It can't be motorized. It rides in the bus bay with your sleeping bag, and it will not be available until we arrive and completely unload the buses. Your suitcase can have wheels but you must be able to carry it in one hand. Suitcase wheels will never roll across a \$30,000 gym floor or down a waxed hallway. Wheels roll outside **ONLY!** **SIZE LIMIT ON YOUR SUITCASE:** We must limit the size of your suitcase. Please do not be the one who selfishly uses extra space. You may or may not get caught at it, but you will always be putting someone else out. Since there are many different sizes and shapes of suitcases, we go instead by **GIRTH**, which is length, width and circumference combined. To figure the girth, measure the length of your suitcase in inches on one side and write it down. Then, measure the width of your suitcase on one end and write it down. Finally, measure the circumference around the middle, at the handle. Add these three numbers. The sum is the girth. **THE LIMIT for girth is 100 inches.**

Good idea: Keep your bus stuff in your carry on and not scattered all over the rack. There is a nasty thing called "tour spread" that is contagious like a bad disease, especially in the buses. Also, we **DO NOT LOCK THE BUS** at housing sites because drivers need to sleep, not open the bus 17 times a day. And yes, neighborhood urchins will peruse our

bus at their leisure now and again. Leave nothing of value on the bus!

Good idea: You should bring **ONE** small plastic box with a lid to hold things you want to leave on the bus such as snacks, books, photos, stationary, stamps and the like. It must fit under your seat (about 10" high). It can be left on the bus, but put it **ON YOUR SEAT** when you get off the bus so we can clean the bus.

Good idea: To check if you are going to take enough stuff, pack up everything you plan to take and have mom or dad stash your suitcase, carry-on and sleeping bag each in a different, dark and hidden location around your basement (with at least one piece behind the furnace). Go to bed.

At about 3 a.m., have mom or dad wake you from your sound and peaceful slumber. Proceed, tired and grumpy, to the dark, cold basement. Don't turn on the lights! Parking lots don't have light switches!

Retrieve your suitcase, carry-on and sleeping bag and carry it, all at the same time, up the stairs, out the door (don't trip!) and around the house at least 250 feet. (Oh, by the way, you can't go to the bathroom until you carry it all 250 feet!) *You'll know immediately if you are planning on taking enough stuff.*

For an even more realistic test of your luggage plans, ask someone, while you walk your 250 feet, to spray a cold, light mist of water on your head and belongings with a garden hose.

Good idea: Bring your sleeping bag, carry-on and suitcase with you on your first and only trip into the school. If you don't several unpleasant things can happen:

Your stuff can get moved to another bay on another bus.

It can be left outside the bus when you accidentally fall asleep before you return for it. Neighborhood kids will then stage an auction, with you as the benefactor.

The buses sometimes unload in one place and then move to another lot to park, taking your now missing – ("stolen") suitcase, sleeping bag or carry on along for the ride.

You get 10 minutes less sleep.

If you leave your carry-on bag on the bus until a second trip, your bus driver has to wait to go to sleep/get fuel/get the bus fixed/park the bus.

You can't go to the bathroom until you get it all inside.

Do not ever leave your suitcase on the bus bay at a housing site. **You brought it, you carry it. Every time.**

Good idea: You can carry more clothes, find them easier and keep them nicer if you roll them (especially shirts) instead of folding them. And remember, dirty clothes take up as much as 25%

more room than clean ones. Leave some room in your suitcase.

Good idea: When it is raining, grab ANY suitcase and ANY sleeping bag and take it in with your carry-on in tow. We'll sort it all out inside where it's dry. When everyone does this, no one's stuff gets wet.

Good idea: Always think of the whole first. What is best for the greatest number of people is best, even if it may not be best for you personally. Lead by example. Don't be one of the few we have to teach this to, nor be the one others we have to cover for.

Do not bring:

- A computer of any kind. As nice as it would be to check your e-mail on tour, we rarely have access to phone lines, they can disappear and they take up valuable room we don't have. Have your parents print your e-mail and mail it.
 - Ice chests or coolers, any size. A small one may fit under your bus seat, but then where will you put your bus box?
 - Alcohol or drugs. Prescription or over-the-counter medications may be carried with you, but you must indicate that you are using them on your medical form. If you begin taking medications, you must update your medical form.
 - Boom box stereo. Your small, inexpensive CD/tape player/radio must have headphones. Believe it or not, not everyone likes your music and dueling speakers are not enjoyable for anyone.
 - CD players, cassette players and tapes or CD's are the most likely things to disappear from the bus or from our housing sites. Do not bring your entire CD collection! Bring only what you can tolerate losing.
- Good Idea:* Bring along a "Y" jack for your headphones so you can share your music with your seat partner.

What to Bring

Comfortable clothes, enough to last you 12-15 days.

Your clothes must be appropriate for hot, humid and hard rehearsals - light colored, loose shirts and pants/shorts/sweats, **low cut** tennis shoes, a hat or bandanna. No high tops!

At any given time there is a possibility of media coverage, often when you least expect it. Use discretion in what you choose to wear. How would that cute, but offensive, tee shirt look, and what would it say about us, when the photo runs in the newspaper or on television?

Sweatshirts, sweats and a blanket for the bus. It gets cool at night.

One nice outfit for free days.

Shower supplies - soap, shampoo, toothbrush, razors, towels, and such. In a small separate toiletry bag.

Bring enough of consumable things to last 7-10 days. Restock at each grocery stop. The less, the lighter, the better on almost everything!

Mosquito repellent and sunscreen (factor 12 or better).

A small jug or canteen for personal water at rehearsal and on the bus, approximately 2 litre size.

A hat that fully covers your head. (ball cap works well)

Good idea: Put your name indelibly on everything you bring, especially those things that are similar to all others.

Money you need

The amount of money you need for personal spending is entirely up to you and your "needs". We have had members spend less than \$100 and others blow through hundreds. A good rule of thumb is \$3-5 a day, plus more if you are an avid souvenir shopper. There are a few things for which you definitely need cash, including laundry (\$10 a time), free days, time off, toiletries, snacks and supplies at grocery stops and for souvenirs. You need meal money for free days only, when you will buy a meal or two. We suggest you carry a limited amount of cash and carry traveler's checks, an ATM/cash card or personal checks for extra cash needs. Our souvenir stand will cash personal checks for you. If you have a check sent to you, have it made out to you, not the Saints. Traveler's checks spend like cash but are much safer. Keep the traveler's checks receipts at home.

DO NOT, under any circumstances, wire money via any means including Western Union or a bank. This involves us finding a specific, usually well-hidden business in a town we don't know, tying up a staff member and a vehicle for as many as several hours and pulling you out of rehearsal to get it. Cash cards are usually helpful, but some areas of the country may not be on your particular bank's network. Keep your PIN separate from your card!

Good idea: Budget your money from free day to free day. Have a check or travelers checks sent to show sponsors. Parents, this gives you a better idea what's happening too.

Phones On Tour

Calling cards, prepaid phone cards and call home 800# are good. Cell phones are a good idea but beware of *ROAMING CHARGES!* Your "\$29 plan" can easily become several hundred dollars over the summer. Research carefully with our schedule in mind. Free roaming, even if it is more per minute is always better for tour.

Calling cards work well, too, but the surcharge of 75 cents to \$1.00 per call can add up quickly. Parents, if you are waiting for a call from your member, be patient. There are few phones available, and little time. The few schools that have

pay phones have quite a line to use it. The corps has a cellular phone available for emergency calls in or out.

EMERGENCY CALLS: Your itinerary will list phone numbers for our housing sites, show managers and local police for true emergencies. Otherwise, the corps has a regular office number, which is staffed during business hours and checked at least once per day otherwise. If you use a listed emergency number, be sure it is a true emergency. You'll know when that is, and if that is the case, absolutely use the numbers. That's what they're for.

Message Board System

The day's schedule and important information is posted on a message board on the kitchen truck before breakfast each day. It is your responsibility to check it at each meal. Information can and will change throughout the day. Check it at each meal.

Mail Service

Outgoing mail is dropped daily, with a mailbox and stamps for sale on the truck. We arrange for incoming mail drops every seven to ten days while on tour. Round up a couple of hometown friends to write, too. It's a real boost and parents, be certain you send something every mail drop! Most members get something, and it's tough being the only one that doesn't. Believe it or not, your kid will miss you. Bus snacks, a 'miss you' letter, a card, a favorite teddy bear, or of course, a little extra spending money are all appreciated.

DO NOT ever send anything via UPS, Federal Express, or any other carrier except the US POSTAL SERVICE.

You would be amazed the people that are surprised UPS or FED EX will not deliver a package to a post office!

Also, the postal service will forward late mail to our next drop. Mail in plenty of time. Express mail (overnight delivery) for last minute items is USUALLY reliable, but our experience is you should not count on "Priority Mail" to save any time! Also, Express Mail is traceable. Priority mail is not. Do not send anything directly to our housing site. The school secretary will think it is the new textbook the teacher ordered, and put it in the school warehouse until fall.

Mail Drops for the summer

Mail **must** be addressed **exactly** as:
*HOLD FOR BLUE SAINTS DRUM & BUGLE
CORPS (MEMBER NAME) GENERAL
DELIVERY CITY, STATE, ZIP CODE (this last line
is different for each drop)*

We will add additional mail drops in the summer itineraries. Get these addresses around to friends and family now!

Several more July locations to be determined!

Dehydration and Nutrition

Dehydration can be a problem on tour. Your body will need much more fluid than normal and your thirst reflex will go awry. You can satisfy your thirst before you have actually replaced the fluids you have lost, so drink as much water as you can, even if you don't feel thirsty. It is imperative you drink a large volume of water before exercise. Your body will use 8-12 ounces of water every 20 minutes. If you begin to get a headache during rehearsal, you are probably becoming dehydrated and you must immediately replace fluids. You are heading into trouble if your urine is becoming darker than normal; you are dehydrated.

Carbonated and caffeine beverages worsen dehydration, so they are not allowed on tour except for a few hours at night after a show. This can be a real shock to the system for you Mountain Dew and coffee addicts, but it really makes a difference. Water and juice are the things to drink.

Meals are planned for summer exertion. Even if you don't think you are hungry, you are. Eat every meal and eat as much as you like. Your caloric intake must be increased substantially in the summer to keep up with the energy you are using. We suggest you bring a multi-vitamin as well. Check with your doctor or pharmacist. We do not and you should not use salt tablets.

Meal Etiquette

We prepare 5,000 meals on tour. Your cooperation and appreciation makes a big difference.

- Use only one cup per meal. You may refill as many times as you like.
- Save your plate for seconds. Seconds are almost always available, but wait until everyone has been through the first time. Please don't hover around the food line waiting. You make people nervous when you do that.
- Peanut butter and jelly is served every meal and you may have as many as you like.
- Never stack garbage. If you see a full container, please switch the bags. Remember-"It's all about the trash!"
- Juice is for meals only. Between meals, drink water.
- You have 45 minutes to get through the line for meals. You may choose to shower and pack first, and you may have duties. Regardless, eat within 45

minutes. The kitchen crew is on a tighter schedule than you are. Respect their time.

- If you have special dietary needs, we will do what we can to accommodate you, within reason. Talk to Sheila to see what can be done.
- There may be times you don't care for something that is served, but try to eat some of everything.
- Menus are selected to give you what you need in terms of balance and nutrition. If you really don't like something, grab a PB&J, don't complain and eat what you can.
- Remember, most members like what is being served or it wouldn't be on the menu. Your favorite is coming soon.
- Please be sincerely appreciative of the work and effort that is being given by the volunteers. Our meal program is one of the best in the activity and we ask you to appreciate it. It is because of the volunteers. A thank you and a compliment go a long way. An unappreciative member does too.
- The kitchen crew has the toughest job of all. Be supportive. If you have a couple minutes, see if they need a hand. It makes a big difference.

Unasked Questions

Sleeping arrangements are separate and distinct areas for male and female. At lights out, members are to be in their respective sleeping bags, having completed your bed-time grooming prior to lights out. Discipline problems are rare because members share the same commitment, vision and goals. Most situations that may arise involve operating rules and are handled internally, often by peers. Although rare, illegal activities, activities deemed to be creating dangerous situations for individuals or threats to the well being of others or the organization may be handled in any way the organization sees fit, including but not limited to assistance from legal authorities and/or immediate termination of membership. Travel expenses and all logistics issues in such a situation would be the responsibility of the member or family.

Adults on tour

The adults who travel with us are there for you and are volunteering their time. Understand they are working as hard as you are, keeping you moving, fed, uniformed and supported. The fastest way to lose an important volunteer is for them to get a dose of "ATTITUDE" or lack of appreciation. They are also serving in a supervisory role. We expect members to respond to their direction.

Lost and Found

Commonly referred to as "Stolen and Found", after the infamous and frequent conversation "someone stole my..", we carry a lost and found container on the truck, and set it out daily. Check there if you are missing something. To diminish the possibility of

losing something, put your name on each personal item, especially those things that are common such as member shirts, shoes, gauntlets, plumes, and corps jackets. Be sure to use permanent ink. Once a week or so, we clean out the lost and found. Unclaimed items are given away or discarded.

Souvenirs of your summer

Many members like a keepsake from the summer. That's great, and it's encouraged. Some ideas and guidelines may help:

- Autographs on your member shirt finals week;
- Autographs on a program from a show;
- Autographs on a drumhead. If you wish to do this, keep and use the last head changed at the beginning of finals week.

Do not use the one from finals night. We use this head to get started the next year. Do not use a new head;

- Bring a cheap, or even better, a disposable camera;
- Shako insignia, show flags, practice flags, poles, uniforms, rifles or sabers are not souvenirs. They belong to the corps and are reused or sold. The pilfering of these items directly affects the future members of the corps. All equipment must come home with us on the truck.

We encourage you to support other corps including purchasing souvenirs from them. However, please do not wear other corps souvenirs while you are with the Saints in any capacity.

Medical and First Aid

Due to the expense of over the counter medicines we are asking members to provide their own basic medical supplies. A suggested medical package should include: Ibuprofen, band-aids, pepto tablets, cold medicine, cough drops, antibiotic cream and aloe vera. These supplies will be turned in to the Saints medical control kit, but are available on an emergency basis. If you need first aid, go to the food truck. We will err on the side of caution regarding our seeking of medical attention. An adult will take you for treatment and the cost is your responsibility. Be sure you have medical insurance information on your medical form and have a medical insurance card with you on tour. Any cash needed will be asked from you first, but if necessary, the corps will pay the bill and will bill the parents. We are not able to file insurance claims. Repay the Blue Saints right away and seek reimbursement from your insurance carrier.

Your Feet

The most common reason for missed rehearsals or performances and in some cases, season-ending disability, is foot problems. Your feet are your life

in drum corps. If you injure your feet, there is little chance for healing, even if you take time off.

- Your rehearsal shoes are the most important things you will select for the summer. You will be on your feet more than you ever dreamed, and your shoes must do the job to support and protect. If you need to cut corners on summer supplies, do it on your Walkman, not your excellent athletic shoes, with plenty of support, in exactly the right size and designed for the kind of strain you will put your feet through.
- You WILL wear shoes any time you are outside for any reason for any length of time. **EVEN TWO STEPS!**
- Athlete's foot is not a minor problem on tour. Treat it immediately. Bring foot powder with you and use it.
- Bring plenty of clean socks for rehearsal. Change them frequently. Always wear socks with shoes.
- Keep your toenails trimmed correctly. Ingrown toenails can take you out several days up to several weeks. They are also incredibly painful on tour especially, and are totally avoidable!

Uniforms

Once you are issued a uniform, you are responsible for its care.

When you are in it, on or off the field, you are performing. With only the highest level of professionalism acceptable in a Blue Saints performance, guide your decisions accordingly. These guidelines will help you:

- Sit in uniform only when a clean and dry place is available. If you must sit outdoors, sit on your gauntlets with the inside portion facing down.
- Do not ever sit on asphalt, even on gauntlets. It will stain your gauntlets, which will stain your uniform, which will rub on your pants, which will make for a bad day.
- Never run in uniform. You can fall and hurt your uniform and yourself, but more importantly, even the most graceful athlete looks incompetent and unprofessional while running in uniform.
- Full-length plain black socks for uniform wear. Stripes will show.
- Brass and percussion will be issued one member shirt to be worn under the uniform and you may purchase extras. There will be times these will be dirty, so bring a couple of plain white tee shirts for backups. The color guard will receive one member shirt to be worn on special performance occasions.
- Our pants fit closely, things do show through, and underall lines and undie designs are not rewarded on the score sheets.
- Bring for under the pants plain, comfortable undergarments. You will be in public at times without your uniform tunic.
- Shoe polish and polish rag (in a sealable plastic bag). You shall NEVER polish your shoes indoors

for any reason. We shall have to draw and quarter you with buses if you do so.

- Brass and percussion players wear member shirts *of the current year, prior year, or a plain white tee shirt* under the uniform top at all times. Some nights you will be wearing only your uniform pants and the shirt. We NEVER wear a tee shirt under our uniform with any writing on it, other than the current year or prior year member shirt.
- Hair should be worn off the collar and under the hat or in the designated style when in uniform. Pit players do not wear hats during the show, making your hairstyle and color decision even more important. Draw attention to yourself by your talents, not your looks.
- After a performance, we remain in full uniform unless otherwise instructed. We do not wear the shako and plume after a performance.
- There is no eating in uniform except in the rare instance that you are otherwise instructed to do so.
- We drink only water while in uniform.
- Smoking is not permitted in uniform.
- While in uniform (and while in public with or without your uniform) only the language of proper ladies and gentlemen is expected.
- No matter what has just happened that has created an emotional firestorm in your being, restrain yourself from emotional outbursts while in uniform. THE BLUE SAINTS are not having a crisis, you are. Things happen to get legitimately upset about sometimes, but not in uniform. You are performing always.
- Never engage in negative conversation about another corps, your corps or any facet of the drum corps activity while in public, and especially while in uniform. You are a professional performer in the public's eye.
- Let your uniform 'breathe' as long as possible before you cover it with your uniform bag.
- Do not carry anything in your uniform bag except your uniform, especially shoes. Everything else goes in your carry on bag and travels on the bus with you.
- Be aware of your environment at all times.
- Outward displays of affection while in public and especially while in uniform are unacceptable. You are representing each other all the time. Use your head.
- Brass players wear clean gloves with the uniform. New gloves will be issued on an as needed basis for a small fee. Wear your performance gloves for performances only. Wear practice gloves for practice.
- Brass players will wear gloves at all times while playing their horn. If you want more gloves than what we issue, you may buy them at the cook trailer. The logistics of loading and unloading the truck are complicated, and uniforms are a big part of the puzzle. Be sure to have your uniform where

it is supposed to be. In general, uniforms are taken off the truck during lunch of a show day, and placed in the truck immediately following finale, and before your snack. Other equipment and people must wait for the uniforms to be loaded before they can complete their tasks.

Clean shoes and uniform parts are your responsibility, but only the Blue Saints clean the uniforms. You may not take your uniform home without permission. It is up to you to keep track of uniform parts and keep them clean. You will have to buy replacements if you misplace yours or if they become badly soiled. Your name discreetly on them is a very good idea. Personal uniform item payment is due at the May rehearsal. Be sure you indicate on your spring survey which of these items you need in what size. If we don't hear from you, you will purchase one of everything, in random sizes for you. These are yours to keep after the season, and may be reused next year if they are in good shape.

Parent Guidelines

Parents, friends, supporters and alumni are welcome to join us at any time throughout the summer. For the benefit of all involved, please follow these guidelines.

Members are under the direct supervision of the Blue Saints staff. We ask, unless you witness a dangerous situation, you do not interfere with the operations. Talk to us privately about concerns or suggestions you may have. You'll find us to be very responsive. Your input is welcome and needed. We welcome all to observe rehearsals, but we ask that you understand a certain environment exists and you should not distract. Close up video taping of your member can be somewhat embarrassing. Please use discretion (and a zoom lens). If you are meeting your member after a performance or rehearsal, please wait until we have dismissed from our post-event meeting. When visiting a housing site, we ask that you not enter the sleeping area. This is "home" to the members and should be treated as such. Please meet in the lobby or even better, by the kitchen truck. Members appreciate care packages and goodies from mom and dad when you visit and we encourage them, but be selective. Pizza or McDonald's can be great after a performance, but during dinner or before a performance it is not. Please be discreet. Your member feasting on goodies, with nothing to share with friends, is awkward. You may take your member out to a meal or a get away, within limits. Breakfast and lunch are good times to do this, as long as you follow our schedule. Members may not leave over dinner before a show. There are many tasks to be performed and the pre-show dinner break is very hectic and critical. Members must check out before leaving and they **may leave with**

immediate family members only, unless prior arrangements are made. If you leave, **do not** take uniforms, equipment or luggage with you. **Never** ride in a car with others except immediate adult family at any time on tour. Never ride in any vehicle except a corps vehicle for any corps travel from point to point, especially to a show or a new town.

Parents! Bring stuff!

Parents, when you come to visit on tour, please consider bringing 100 home made cookies for the corps or fresh fruit. It is really appreciated and enjoyed by everyone. A little touch of home makes a big difference. Home made cookies and fresh fruit are a big help. We can always use whatever you bring! (you can still visit if you don't come bearing gifts, of course)

Summer birthdays

If your member has a summer birthday, talk to us to see what, if anything special we can arrange. It is not always possible to celebrate with something special on exactly the right day, but we do our best to make it a special recognition for your member. We cannot provide birthday cake on tour, but we do offer a "Birthday Pizza Party" at some point close to the birthday. It is an appreciated treat for everyone. Parents may bring cake to share with 60 people if you would like to be sure there is a birthday cake. (2 full size sheet cakes).

"Scheduled" volunteers

We need volunteers to staff the kitchen/truck. There are always spots open, even if only for a couple of days you may have available. Please give us a hand! We must make a clear distinction between scheduled volunteers and visitors. We can only allow scheduled volunteers to stay with us or travel on Blue Saints vehicles. As a scheduled volunteer, please do not bring a child under 21 who is not a member. If you travel on your own with children, make sure they are cooperative and stay out of the member and staff areas. If you take a personal vehicle on tour, the Blue Saints assume no risk, including mechanical or liability. Blue Saints insurance covers vehicles owned, leased and operated by us. When traveling with us, please follow the last vehicle and please have a 40 channel CB and antenna. Radio Shack is usually a good source for one. We provide scheduled volunteers with passes to shows but they are limited and will be available for visitors if there are spares left over but must be returned.

We ask that adults eat with us only if there is food left after all have had seconds.

We encourage as many visitors as possible finals week, but we must insist that only scheduled volunteers stay overnight with us. Please call with

any questions or clarification about your status for finals week as it relates to housing.

If you are a scheduled volunteer, driving your own vehicle on tour is a bad idea. You'll need your sleep. Contact Mark to arrange vehicle and other logistics in and out of tour. We can be very creative! If you want to travel with us, we will figure out how to get you there and back!

Summer volunteer status

As of April 6 about 60% of the volunteers we need for summer should be scheduled. Our tour operation is the envy of many corps because of the support from our parents and volunteers. We still *need YOU!* The web site has a volunteer sign up. Please check in and let us know!

Check in on our summer tour volunteer schedule @ bluesaints.com

Each member is asked to arrange a volunteer on his or her behalf to work one week of tour.

Parents, please contact us to give us your schedule.

Hearing about your kid's standing ovation is a whole lot different than *being a part of it!*

Please get out on tour to help the Blue Saints, but more importantly, share this amazing experience with your child! You won't regret any part of it.

These are all US prices and can be purchased through the corps in bulk order.

CONGRATULATIONS ON BEING AN IMPORTANT PART OF THE BLUE SAINTS SUMMER TOUR!

UNIFORM PART COSTS.

Brass: Plume \$22

Gauntlets \$18

Shoes* \$38

Percussion: Plume \$22

Shoes* \$38

Gauntlets \$18

Pit Players: Gauntlets \$18

Shoes* \$38

Color Guard: Shoes, gloves, \$90 total

leotard, personal items: members' responsibility

*same shoes as last year. Plan to buy new shoes if yours from last season are not in *exceptionally good shape.*