

The Drum Beats On: The Effect of Heat on Marching Band Participants

Research Study Instruction Sheet

#1: Do this ONE TIME only at the beginning of the study

Scan the QR code and fill out this brief questionnaire



Your Band Director or Coach will let you know the exact date the study begins and ends.

#2: Do this EVERY DAY

1. Make sure you take and use the same OMNI (chest monitor) for each practice. The monitors have a number of the devices for easy identification.
2. Attach the OMNI (Chest Monitor) with the sticker or chest strap like the picture below:



3. Note: if using the chest strap, be sure it is snug (not too tight)
4. Before practice starts:
 - a. Stand and balance on your left foot for 30 seconds then stand and balance on your right foot for 30 seconds.
5. As soon as practice is over, take the chest monitor off and , wipe it off, and give it to your drum major or band teacher. It will automatically stop recording. DO NOT take the monitors home, do not shower with them, do not swim with them and DO NOT throw them away!
6. Fill out the daily questionnaire after practice by scanning the QR Code below:



Repeat steps 1-4 until the end of the 1-week study

Contact information for any research study related questions:

Principal Investigators: Dr. Chris Russi or Dr. Neha Raukar (507) 255-6501

Research Coordinator: Derek VanMeter VanMeter.Derek@Mayo.edu or (507) 255-5056