

Subject: Heat Acclimatization Reminders

Just a reminder that ALL students should be preparing themselves for the HEAT next week. Students have the responsibility to:

Drink water prior to, during, and after band rehearsals and outside performances. Start drinking a lot of water this week! Each student should come to rehearsal with a FILLED 1-gallon water jug. Don't make the water TOO cold as it can be a shock to the system in the heat.

Inform the band director in writing of any history of heat illnesses.

Establish a regiment of outside activities to acclimate yourself to hot weather. Acclimatization is the process of becoming adjusted to heat.

EAT breakfast every rehearsal day! Try not to eat dairy, as that curdles in your stomach in the heat. Do NOT come to camp without eating breakfast!

Suggestions: Eggs, peanut butter sandwiches, dry cereal - ANYTHING low in sugar and without dairy so you have something in your stomach!

Replace salt after practice in modest amounts. Do not take salt tablets unless directed to do so by a physician.

Notify your instructors if you begin to feel signs of lightheadedness.

NOW is the time to get prepared! Stay hydrated and stay safe!

Cold towels also help keep the body temperature down! We still have some Mighty Cold Towels available for purchase at \$10 each. Just wet it, shake it, and the towel is 20-30 degrees cooler than the air temperature. Contact Debbie Wiley at

[WileyDebbie@bellsouth.net](mailto:WileyDebbie@bellsouth.net) if you'd like to purchase a towel on Monday, August 8.