



PACE HIGH SCHOOL BANDS

Hydration and Heat Precautions

- WEAR SUNSCREEN
- DRINK WATER BEFORE coming to practice
- Make sure to DRINK water on break, and not just sit down
- DRINK WATER when coming back inside
- Cool Towels on the neck can help
- Wear loose fitting, Light Weight and Light Colored Clothing to camp
- Wear a light weight/light colored cap or hat (or better yet a sun visor) that shields the face
- Long hair should be pulled back off of the neck
- Get some sleep at night by going to bed a little earlier
- Take a cool (or less hot) shower when getting home

Precautions to prevent sick stomach/cramps

- Eat Breakfast, and have water with breakfast
- Do not eat heavy or greasy items before working outside
- Do not consume much milk or milk products, if any
- Eat fresh fruits/nuts, granola other ideas: oranges, apples, bananas, which all aid in avoiding cramps
- Do NOT load up on energy or Gatorade/Powerade type drinks

These can actually make you feel sick if consumed in large quantity