



# Band Bulletin

July 20, 2010

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## Heat Stress Guidelines for Band Camp & Outdoor Practices

Hello Band Boosters:

Outdoor practices begin the week of July 26th. Here are a few things for you and your child to keep in mind:

- Use sunscreen with at least SPF 30 that contains both UVA and UVB protection.
- Wear sunglasses that block UVA and UVB radiation.
- Apply sun block to your lips.
- Wear a hat every day. (Mandatory)
- Bring a towel to wet and drape around your neck and shoulders.
- Drink 1-2 glasses of water before every practice.
- Eat breakfast, lunch, and dinner every day.
- Avoid caffeinated drinks. Caffeine is dehydrating.
- Bring your own thermos of ice water every day. (Half gallon minimum, mandatory)
- Alternate drinking water with drinking Gatorade or a sport drink. A good rule of thumb is 3:1 - water: sport drink.
- Hydrate the night before outdoor practices. Drink at least 24-32 ounces of water every evening.

### Remember:

Becoming dehydrated has a negative effect on your concentration and ability to perform, not to mention your health. Please take advantage of the scheduled water and rest breaks provided during practices and band camp.

Thank you!