

# HOW TO PREPARE FOR HOT WEATHER

Being a member of the Burlington Teen Tour Band means being out in the heat. During the summer months there will be many events where you will be out in the sun for several hours at a time. Hydration and sun protection are **VERY** important during these times. This document aims to provide you with the necessary skills for maintaining proper health while out in the heat.



## DEALING WITH DEHYDRATION:

Keeping hydrated in the heat is the most important step to maintain proper health while in the heat, and actually starts long before your outdoor activities even begin. It is very important that you begin your activity well hydrated, so you should drink plenty of fluids (*water & juices*) starting the day before, and leading up to your outdoor activity (*pop and soda do not count*).

- Water is the best fluid to drink to stay hydrated. Consider sports drinks to replace minerals lost from sweating during extended outdoor activities, but drink water most of the time.
- Don't wait until you're thirsty to drink. If you feel thirsty, your body is already dehydrated.
- Bring a large water bottle with you to all outdoor rehearsals, and drink every time you're given the opportunity, even if you don't think you need it.
- Monitor fluid loss by checking the color of your urine. It should be pale yellow. If it gets to be dark yellow, too smelly or cloudy, you're not getting enough fluids.
- Eating right is just as important as getting enough fluids. Protein and carbohydrates are your friends on your outdoor rehearsal and performance days. Don't forget your fruits and veggies!

## SUN PROTECTION

Sun protection is vital to ensuring your short-term and long-term health. Like hydration, sun protection should be taken very seriously. **ALWAYS** consider sunscreen, sunglasses, hats, and appropriate clothing.

- Clothing is your first line of defense against the sun's harmful ultraviolet (UV) rays and protects us by absorbing or blocking much of this radiation. The more skin you cover, the better.
- Long-sleeved shirts cover more skin than a t-shirt, especially if it has a high neckline or collar that shields the back of the neck. Likewise, long pants protect more skin than shorts.
- Applying (and reapplying) sunscreen (SPF 30 or higher) daily is one simple step you can take towards being sun safe. **WEAR SUNSCREEN! WEAR SUNSCREEN! WEAR SUNSCREEN!**
- Use "Broad-Spectrum" sunscreen to protect from both UVA and UVB rays.
- Remember to apply to the backs of your hands, ears, and even lips when applying sunblock.
- Wear a wide-brimmed hat to protect your face and head.
- Wear UV-blocking sunglasses to protect your eyes (*yes, your eyes need protection too*).



## NUTRITION

Marching in the Burlington Teen Tour Band is a physical activity that sometimes demands a long day of activity (*Band Camp especially*). Eating well is just as important as all of the above considerations, and starts with a nutritious breakfast. Long rehearsals and parades in the heat mean you should be eating like an athlete! Always be sure to keep this in mind when you are making plans to eat breakfast, and make choices based on the following recommendations.



- Avoid drinking milk (*yes, even chocolate milk*) or consuming dairy products before a long day in the heat. Dairy takes a while to fully digest and often induces nausea after extended time in the heat.
- Eat healthy foods, and stay away from anything that you would consider unhealthy food. Don't discredit how exhausting it can be to march, so respect your body and the nutrients it needs to perform and stay healthy. This means eating like you would before a workout!
- **DO NOT** skip breakfast, as this will lower your blood-glucose levels. Low blood-glucose levels causes fatigue, lack of focus, and a general "blah" feeling. Combined with increased activity levels and long days in the sun, this can lead to fainting or even worse problems.
- Keep protein bars, fruit bars, or granola bars on-hand as a backup
- Avoid high-fat and high-sugar items, and get a good mix of carbohydrates and protein

## REST

Rest is very important because it keeps your body alert and full of the energy it needs to keep you cool. Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

## COOLING DOWN

After rehearsals or parades remember to cool down with a damp cloth on your head (usually supplied by the chaperones) and drink lots of water, just remember that cooling down too quickly can be a bad thing, and can make you sick.

## HEAT EXHAUSTION & STROKE:

Heat stroke is the most serious form of heat injury and is considered a medical emergency. It is a result of prolonged exposure to high temperatures, usually in combination with dehydration, which leads to failure of the body's temperature control system. Avoiding heat stroke should be your top priority, and can be accomplished by carefully following all of the guidelines that have been discussed in this document. Here is a recap of what has been discussed.

- Acclimate to the weather by spending time outside, **NOT** in a climate controlled basement. Limit time spent working or exercising in heat until you're conditioned to it. It can take several weeks for your body to adjust to hot weather.
- Drink **LOTS** water, and stay hydrated.
- Cover up your exposed skin with the appropriate attire.
- Wear SPF 30 sunscreen (or higher), and reapply often.
- Eat nutritious meals and snacks, especially when it comes to breakfast.