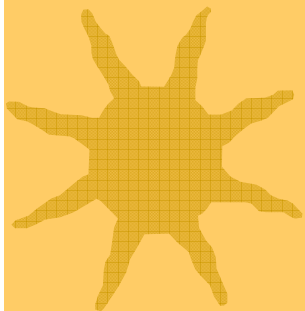
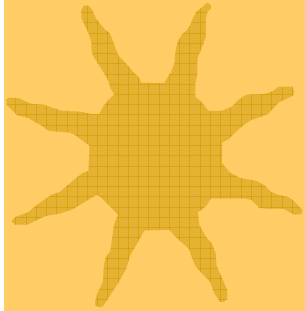
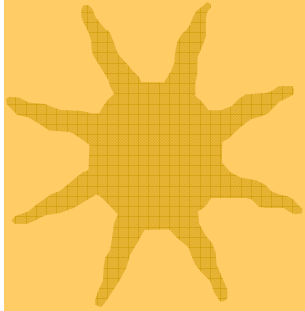




## *Stay Safe In The Heat*



- Drink enough water/Gatoraide so that you need to go to the bathroom. If you are thirsty you are not drinking enough and are already on the way to a possible heat illness.
- Your urine (pee) should be light yellow. If it is dark in color you are not drinking enough and need to get out of the heat.
- Stay in the shade as much as possible.
- If you don't feel good, have a stomach ache or feel like you may throw up-tell your coach or Mom or Dad.
- Do not have drinks with caffeine- like soda, tea, or Red Bull/All Star, 180o, Sobe energy drinks.
- Be sure and continue to drink water and a sports drink when you go home after the meet.