



## Heat Advisory for Motorcycle Class Participants

Participants should recognize that the range portion of this course is given in a solid 5 hour block of instruction on a parking lot. The motorcycles are air cooled, and thus, the air immediately surrounding the student will be heated.

Participants will not be riding at speeds that provide any significant cooling effect. The course will be less physically demanding if the participant takes simple steps to protect themselves from the sun and prepare themselves for the heat. Some tips for a participant to consider are:

- Hydrate thoroughly before the class by drinking at least a liter of water or sports drink (Gatorade, PowerAde, etc.).
- Bring plenty to drink- at minimum 3-4 liters of water or sports drink. With temperatures approaching triple digits, on asphalt, and on air cooled motorcycles, participants will need a lot of fluid.
- Bring a small cooler or ice chest. In addition to keeping the drinks cold, as the ice melts there will be cold water into which a participant can dip a cloth to cool down with.
- Wear a light colored loose fitting long sleeve shirt, preferably cotton.
- Note that Khaki pants are cooler than jeans.
- Sun glasses are better to use than goggles.
- Please use sunscreen.

\*While these tips are not mandatory, they are strongly suggested for your safety.