

Hot Weather is here!

Some things to bring to your MJC Range Sessions.

PLEASE NOTE: IF THE TEMPERATURE REACHES 104 DEGREES, THE CLASS WILL BE **CANCELLED**. The temperature will be monitored by either the Community Education Office, Motorcycle Site Manager or the Rider Coach for your class. We suggest that you give the instructor a phone number so that he can notify you if a class will be cancelled. The \$100 re-scheduling fee will be waived only when class cancellation is authorized by one of the above-listed administrators. You will have seat priority when we reschedule your class. We appreciate your cooperation in helping keep our motorcycle students safe.

DO BRING:

- Plenty of **ice water** – avoid sodas and drinks high in sugar and caffeine.
- **Hand Towel** – to wet and wipe your face with. Great for wrapping around your neck to cool you down.
- **Sunglasses**
- **Dress in layers.** A lightweight cotton T-shirt is best. Coaches recommend “**Under Armor**” because it wicks moisture away from your body and helps keep you cool. This is **NOT** a requirement.
- **Sunscreen** – SPF 30 or higher. We have some, bring yours if you like.
- **Lip balm** - chapped lips are painful.
- **A light snack** such as a piece of fruit or food bar.
- **Lightweight mesh hiking boots** are best to help keep your feet cool. Avoid leather boots because they can get hot, hot, hot.
- Take prescription medications before coming to a range session. **Consult with your doctor as** some medications may predispose you to injuries like heat exhaustion and heat stroke.

DON'T:

- Eat a heavy meal right before you come to your range session. **Eat a well-balanced, light meal.**
- Stay up late the night before range sessions. **Get plenty of rest.**
- Don't drink alcohol the night before class. Alcohol dehydrates you and can make heat exhaustion a real possibility.

DO:

- Eat a well-balanced, light meal.
- Get plenty of rest.
- Start hydrating at least one day prior to coming to the range. Drink several glasses of water the day before and the morning of your range session.
- Do discuss prescription medication with the Rider Coach on Range duty.



PLEASE NOTIFY YOUR RANGE COACH
IMMEDIATELY!

**If you experience headache, nausea, or dizziness
during your range session**

