

# **Outdoor notes and safety**

## **Apparel & Footwear**

Outdoor fitness folks have a slogan: “There is no inappropriate weather, only inappropriate clothing.” That means having the right apparel and footwear for the conditions-no excuses! The right apparel and footwear go hand-in-hand with the “Safety First, motto.”

Our body will be the most comfortable and perform at its best, when our heat production is in balance with our heat loss.

## **Warm Weather**

Warm weather requires loose fitting absorbent and breathable fabrics next to the skin. Select a fabric made from natural Fibers such as cotton or silk, or Coolmax. These materials allow air to flow next to the skin, cooling and drying, while at the same time perspiration is absorbed.

## **Hot Weather**

- A hat will shield the face and eyes from the sun.
- Sunglasses with UVA and UVB protection
- Socks Keep sweaty feet comfortable with synthetic socks with wicking capabilities. Feet tend to blister with too much friction, so buy good fitting socks.
- Sunglasses
- Shoes wear an all terrain running shoes (not hiking boots) are best for all types of terrain over rocks and roots as well as wet muddy, snowy and icy conditions. Make sure they had good traction for climbing and descending hills.

## **Cold Weather**

Layer clothing so that it can easily adjust to the body’s temperature. Avoid wearing cotton as it loses up to 80% of its insulating capabilities when wet, and can be a contributing cause of hypothermia.

- Base later is the first layer next to skin. Choose a technical fabric that breathes, wicks away perspiration, keeps the body insulated, dries quickly and allows freedom of movement.
- Middle later will absorb moisture, and provide insulation. Choose tights or leggings for the bottom later and for the top choose a non-pilling fleece fabric for this layer.
- Outer later or shell layer will protect from the elements from wind, rain and snow.
- Take a warm hat, gloves, warm socks, sunglasses.

**WATER-DON’T FORGET YOUR WATER!**

## **Bees, Wasps, Hornets, Ticks and other bugs!**

How many people are allergic to bee stings? Let's Discuss....Anaphylactic shock signs and treatment. **\*\*Please carry your medication with you!**

### **Ticks**

We do have these little guys- Have you ever had one? Let's Discuss.....

- \*Stay calm it takes 4-6 hours to become imbedded in the skin.
- \*Remove the tick with tweezers; pulling head and body straight out (don't twist!)
- \*Do not roll or crush the tick, it can cause it to expel its contents.
- \*Cleanse the affected area with soap, water and alcohol.
- \*Take the tick to the local health department for Lyme disease analysis.
- \*Consult a doctor if fever, rash (especially one that looks like a "bulls-eye") Or if you have fatigue, aches and pains occur.

### **Prevention of tick bites:**

- Stay on well worn paths
- Wear light colored clothing to spot ticks easily.
- Wear your hat!
- Inspect skin after being exposed to hiking in a forested area.
- Inspect skin before showering especially under armpits, behind the knees, hair and groin area.

## **Trail, rural and urban safety notes**

- \*Please keep talking to a low roar. At times we will not talk at all 😊
- \*Look ahead 10-15ft in front of you so your body and mind will expect the terrain.
- \*Chip ups, eyes forward on the task
- \*Keep your posture, hold your spine tall, shoulders back.
- \*Do not litter!
- \*When passing others please say "On your left"
- \*Stay focused! Injuries can happen when you are thinking of something else.
- \*Push through your heels when on the "Fall Line" (Face down the hill slope while doing a squat, weight your heels more than your toes to prevent slipping.)