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.

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