

## SCF Summer Softball can be Hot, Hot, Hot!

Prepare yourselves accordingly.

Suggestions:

- Bring a cooler with ice to the ballpark
- Consider a hot water bag to hold ice (see below)
- Bring lots to drink.
- Bathe in sunblock.
- Bring a bandana to wrap around your neck and keep wet (evaporative cooling).
- Bring a hand towel to dry off in-between innings.
- Hydrate the NIGHT BEFORE PLAYING.
- Watch your blood sugar
- Purchase some electrolytes for your water

Don't be a hero, if you feel faint or uncomfortable, SIT OUT.  
LET SOMEONE KNOW. Stay safe, play safe.

"Hot water" bottle to hold ice to apply to your forehead or neck,  
or, any injured part of your body..

As usual, put your name on anything you bring down to the  
ballpark.