



Caledonian Club of San Francisco

Hot-Weather Health Tips to Enjoy ‘The Games’

from The Caledonian Club’s
Highland Games Security/Medical/Guest Assistance Committee

The Caledonian Club heartily welcomes you to enjoy its Annual Highland Gathering & Games. Nowhere else can so much be done to enjoy Scottish friendship, food and drink, music and dance, athletic events and shopping –and do so for less money than going to the movies or an amusement park.

With so much to do, each year a few people are overcome by fatigue and weather exposure. We arrange for standby Emergency Medical Services on the grounds to shorten any needed response. However, a few common-sense tips and foresight can help you enjoy the entire weekend without mishap.

1. **Take it easy.** You might run out of energy before running out of things to do. Take cooling breaks and refreshment. Spend an extra day to have the entire weekend to see as much as you like.
2. **Prepare.** Bring needed medicines and medical information. Asthma inhalers and other “just in case” medicines should be with you.
3. **Dress appropriately for the weather!** A good “shade hat” will keep you 10-15 degrees cooler; let you view events sharply with less glare; and keep sweat from running into your eyes. Some people find spray bottles with fans are helpful in shedding heat.
4. **Use sun-block liberally & frequently on exposed skin.** Have a cover-up garment.
5. **Shelter during the hottest periods,** by eating or resting in a cooled building or shaded area.
6. **Beware!** Headache, fatigue, clumsiness, inattentiveness to circumstances, and even stumbling are **early signs of Heat Stress and Dehydration! Rest and rehydrate! Ask for Paramedics/EMS to come check you.**
7. **Drink plenty of water, beyond the point of thirst.** Thirst, itself, may not be a reliable guide. Your activity and exposure are greater. Many beverages, such as alcohol, sugary sodas, and caffeine actually cause you to *lose* more fluid from your body than you take in. Drink them, if you wish, but

drink 2-3 times that amount of water also. "Dehydration" is the biggest contributor to heat illness at The Games. If you are urinating infrequently, in smaller and darker amounts, you need to drink more water.

8. Heat Stress Illness is hardest on elders, the very young, and people taking medicines that change how they sense or adapt to heat. If the weather is "pleasantly warm" with a nice breeze, you may not realize how quickly you are losing body water by the quick and insensible perspiration loss to evaporation. You feel cooler, but still need a steady supply of replacement water.

9. Understand your medicines. Some drugs change how we adapt to heat or adjust our body's thermostat. Among these are anti-depressant and psychiatric medicines; anti-histamines; bladder and bowel control medicines; high blood pressure medicines may lower pressure directly, cause fluid loss by increased urination, or limit the ability of the heart to increase its rate. Ask your Doctor about *your* medicines and Heat Stress.

10. If you feel unwell, shelter in a shady or cool spot; ask for help!
Any Caledonian Club Member or volunteer, Security Officer, or Fairgrounds employee will call for help for you.

If you feel faint or dizzy, lie down at once rather than risk injury by falling; this will help you feel better right away.

**Have the EMS check you and be guided by their advice.
Paramedics are onsite during regular hours.**

11. Absolute Warning Signs:

- Faintness, "wooziness", feeling dizzy, visual trouble.
- Weakness or muscle cramps.
- Changes in heart rate or rhythm.
- Confusion.
- Not sweating; looking hot, red, and dry.

Special Note: You are welcome to bring your Wheelchair or Mobility Scooter to use. **However, such devices are not available to rent at the Fairgrounds.** Be sure, that yours is fully charged.

We cannot provide repairs, but if your unit fails, any Caledonian Club Member or volunteer, Security Officer, or Fairgrounds employee will call for a cart that can bring you to your vehicle.

Sincerely,

Tom Trimble, Co-Chairman
Security/Medical/Guest Assistance Committee
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