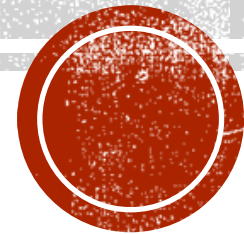


SUMMER IS COMING!

Advice to help manage the sun & heat to enjoy your ride!

Chris Felt – HOG1420 Safety Officer





Summer is coming fast



Symptoms of trouble

The human body won't take much of an increase in core temperature without complaining. The symptoms of overheating are **leg cramps, tired muscles, headaches, dizziness, and even fainting**. The various symptoms are trying to tell you how overcooked you're getting!

Evaporative Cooling

More physics now => When water evaporates, it cools down. Blow hot air through a wet bandana, and the bandana cools down. Cooling the skin cools the blood, which cools down the whole body. **Evaporative cooling works best on areas of the body where there are large blood vessels close to the skin: the groin and the neck.** A motorcyclist's groin is too close to the engine and too far out of the air stream. That's why wearing something wet around your neck is so important



Sweating – Drink Water

We need to drink about a **pint of water every hour** during hot, dry conditions. One problem for motorcyclists is that at highway speed, the **sweat glands may not keep up with the evaporation**. Or, if the sweating uses up too much water, your body temperature regulating system goes on the fritz, like a dry battery.



PRODUCTS ON THE MARKET



10 TIPS TO STAY COOL ON HOT RIDES

- Stay Hydrated
- Avoid Alcohol and Caffeine
- Wear Wicking Base Layers
- Wear Full-Coverage Riding Apparel
- Wear Evaporative Cooling Vest
- Wear and Evaporative Cooling Neck Wrap
- Avoid Riding During the Hottest Part of the Day ... (Noon-5pm)
- Take Frequent Rest Breaks
- Use Common Sense
- Take a Day Off ... Tours



<https://ridermagazine.com/2015/08/04/10-tips-to-stay-cool-on-hot-motorcycle-rides/>

