

Chapter W Educator Notes
By Steve Dombrowsky
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So you get far enough along in life and you think you've seen most of everything. Along comes the virus and I thought that terrorism had really changed the world. Definitely miss everyone and pray we get somewhat of a handle on this stuff.

Until then, let's get out and enjoy in limited numbers and we'll have to skip the most important part of every ride. THE MEAL. I guess missing a few of them won't hurt me much but we can still enjoy the ride and visiting with one another.

Though we haven't had hot weather so far this spring we can expect that some our riding will take place in temperatures that are far warmer. Too much heat can cause severe medical emergencies so it is important to avoid heat stress.

Long pants and a long sleeved shirt is one alternative that can keep the sun off your bare skin and provide some protection. A mesh jacket worn provides ventilation and abrasion resistance. Motorcycle specific pants provide better protection. Mesh gloves provide good ventilation abrasion resistance. There are several vests that can be soaked in water that provide additional cooling.

Maintain your hydration level. Every time you stop for gas or a rest break drink enough fluids to replace fluids lost through perspiration. Carry water with you. Drink at least eight ounces per hour in the heat of the day.

Be aware of your own physical condition. Too much heat exposure for too long can result in hypothermia, a condition where your body cannot properly regulate you internal temperature and your temperature rises uncontrollably. If you reach this state seek immediate medical attention. Watch for the absence of sweat in hot weather. Other early warning symptoms include confusion, headache, dizziness, redness in the face. If you notice any of these symptoms in yourself or others riding with you find a cool place to sit down, drink plenty of water and take off any gear. This would be a good time to soak your shirt to help cool you down.

Ride safe, stay healthy and pray that when we go out and use common sense in staying healthy that it might catch on. Don't set that bar too high though, last time I checked there is no cure for stupid.

Steve