

Tips for Dealing with the Heat

- Stay out of the sun (under the shade flies or in the shade of trees) unless moving to an activity.
- Make sure that every camper has a cup or water bottle with them at all times.
- Make campers drink every 15-20 minutes, whether they want to or not. Kids do not get thirsty until they are already dehydrating. A good rule of thumb is to drink before starting an activity, during the activity and again once the activity is finished. Drink before going anywhere and again when upon arrival.
- Have campers drink more water than sugary drinks which dehydrates them faster. Have campers drink from the pumps as the water is colder and therefore will help cool them from the inside-out.
- Have campers get their hat or bandana wet to cool their head or neck.
- Put cool water on camper's wrists or feet to help them cool down. Consider putting hands or feet in a bucket of water or under the pump or faucet.
- Play lots of water games—Drip, Drip, Drop (or in the heat, Drip, Drip, Pour), Sponge Balls, etc. Play them without running or having campers exert more energy than necessary and play them in the shade.
- Pull out the sprinklers and let the campers just get wet.
- Play quiet games (Aardvark and Aanaran, Crossed and Uncrossed, Magic Sit-Up-On, etc.) to keep campers busy.
- Make sure campers are using the latrines frequently—if they are not, they are not drinking enough.
- When cooking use propane stoves instead of a fire if possible.
- **Make sure all adults and PAs are following the same guidelines.** All too often they do what is good for the campers but not for themselves. A sick adult or PA is of no help to a unit or the camp.

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