

## Safety Tips for Running & Exercise

### RUNNING IN WARM WEATHER

1. Use flag information displayed at the gym.
2. Avoid wearing excessive clothing or layers of clothing.
3. Dress in white or light-colored clothing of lightweight material.
4. Don't wear rubber or plastic pants and jackets to sweat off pounds — remember, you're not losing pounds, you're losing water.
5. Expose as much of your skin as possible to allow maximum evaporation of perspiration — use sunscreen if you're going on a longer run.
6. On humid days, carry a washcloth to wipe off perspiration to help cool off your body.
7. Consume plenty of water — at least 16 ounces prior to exercise and 8 ounces every 15 minutes thereafter.

### WARM-UP TIPS

Adequate warm-up prevents injuries and helps the body to work more efficiently. It mentally prepares you to exercise and physically prepares you by gradually increasing your breathing and increasing the range of motion in your joints and muscles. Warm-ups should consist of basic stretching exercises to increase flexibility and large body movements (i.e., running in place). A warm-up that last 6–8 minutes can prevent an injury that lingers for several days or weeks.

### COOL-DOWN TIPS

An adequate cool-down that last 7–8 minutes long is as important as the warm-up to prevent injury. It allows the heart rate to gradually slow down and help removes the lactic acid and other waste products from your muscle tissue. To cool down, walk or move at a slower pace than when you were exercising, then lightly stretch to decrease soreness and increase flexibility.

### HEAT INJURY PREVENTION

#### Heat exhaustion symptoms:

- Heavy sweating, chills, throbbing pressure in the head
- Dizziness, nausea, rapid pulse, cool & "clammy" skin

#### What to do if you are experiencing heat exhaustion symptoms:

1. Move to a cooler location immediately.
2. Apply water to the surface of the skin — fan to promote perspiration.
3. Cease further exercise until the next day and then at reduced intensity.

#### Heat Stroke Symptoms:

- Warm, dry skin with no sweating
- High fever
- Low blood pressure — slow pulse
- Mental confusion and/or unconscious

#### What to do if you are experiencing heat stroke symptoms:

1. Move to a cooler location immediately.
2. Apply water to the surface of the skin.
3. **SEEK MEDICAL ATTENTION IMMEDIATELY!**

Use reflective vest/belt during hours of darkness.

## Hurlburt Field Running Maps



# 10 Mile

### Aderholt Fitness Center

259 Tully St. • Bldg. 90517 • 884-6884

### Riptide Fitness Center

150 Loop Rd. • Bldg. 91007 • 881-5121

### Commando Fitness Center

452 Cody Ave. • Bldg. 90232 • 884-4412

[www.myhurlburt.com](http://www.myhurlburt.com)

Current as of: 06/03/10.  
Subject to change without notice.  
Supersedes all others.

Maps are not created to scale.



Runners must always YIELD to traffic!

**10 MILE COURSE**

WATER FOUNTAIN ●

