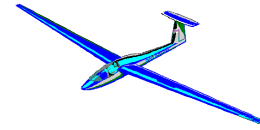


Sky Sailing, Inc

e-mail soar@skysailing.com
www.skysailing.com

31930 Highway 79 Warner Springs Ca 92086
(760) 782-0404

Safety Is No Accident



Dehydration

Here are a few important reminders you must keep in mind especially during the summer soaring season.

FIRST: The temperature can easily be up in the three digit area under the canopy! And the canopy acts like a greenhouse, keeping the heat in.

SECOND: **TAKE WATER with you!** Drink plenty of water BEFORE and DURING your flight. Bananas, grape juice, orange juice and snacks that are high in potassium are all advisable. Take some with you!

THIRD: Be aware of over extending yourself. Take note of dizziness, thirst (or lack of thirst), profound sweating, a sense of loss of time, "shaking" hands, cramps (abdominal or limbs), discomfort, headache, tingling sensations, "red-out" or even unconsciousness.

It should be your choice of WHEN you want to land and not that you had to land because of difficulties. We are suggesting that you remember your "PERSONAL CHECKLIST": Am I physically and mentally safe to fly -- not being impaired by:

<p>Illness, Medication, Stress, Alcohol, Fatigue, Emotion.</p>
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You fly by attitude, yours and the aircrafts'

Sky Sailing requires renters to carry and use water on all flights over 45 minutes. We sell bottles if you forget yours! We also have ice in the freezer in the office. One last word, if you do get dehydrated, be prepared to sit in the office, near the swamp cooler drinking plenty of water and/or Gatorade. We don't want you passing out on the drive home.

Dehydration is the term given to a critical loss of water from the body. The first noticeable effect of this condition is fatigue, which in turn makes top physical and mental performance difficult, if not impossible. A sailplane pilot flying for a long period of time in hot summer temperatures or at high altitude is particularly susceptible to dehydration for a number of reasons. The Sailplane canopy offers no protection from the sun; at high altitude, there are fewer air pollutants to diffuse the sun's rays; the air is dryer at altitude; the canopy acts like a greenhouse, trapping the heat and reflecting it back at you! The result is that the pilot is continually exposed to heat, which the body attempts to regulate by perspiration. If this fluid is not replaced, fatigue progresses to dizziness, weakness, nausea, tingling of hands and feet, abdominal cramps and extreme thirst (or lack of thirst). You may have a feeling of well being similar to hypoxia, and your ability to think clearly may be impossible. It is important to remember that you may not feel thirsty. If this continues you may pass out and/or lose control of the situation. Flying safely, of course, is no longer possible.

Heatstroke is a condition caused by any inability of the body to control its temperature. Onset of this condition may be recognized by the symptoms of dehydration, however, it also has been known to be recognized only by complete collapse. To prevent this situation, it is recommended that you drink plenty while physically exerting yourself before the flight (ie preflight, assembly, pulling out to the launch ramp etc). And that you have an ample supply of water to be carried with you and used at frequent intervals on any flight, whether you are thirsty or not, at least a ½ cup every 20 minutes or so. Wearing light colored porous clothing and a hat provides protection from the sun, and keeping the cockpit well ventilated aids in dispensing excess heat and moisture.

Lets all be weather wise and let our Hearts Soar another day!