

## A Minute For Safety

Am I drinking enough water ?

Riding in the extreme heat to the combined Southwest / West Coast Conference reminds me of the importance of drinking enough water. I talked with others traveling this week and asked them if they drank enough water. Some thought they had but we're unsure. Keeping hydrated with water is as important as keeping enough oil in our motorcycle. Without enough fluids, both machine and man will start to run sluggish and may eventually cause both engines to seize.

It's easy to check our oil level on the bikes. We use the dipstick to see if it's low. So how do I know if I'm drinking enough water for myself? If you are thirsty, you're already behind. I spent a few years in the past helping fight forest fires. My squad boss came by once an hour and asked each of us how long it had been since we last peed. If it was longer than 2 hours, or if we even took too long to think, he handed us 2 water bottles to start and we had to sit and drink until we did have to pee.

So the question you need to ask of yourself and others, "how long since I last peed"? If it's in the last couple hours you're probably ok. But stay on it.

Cheers and drink up (water) And ride safe!

*Jim Jackson*

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