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{& advice}
[for anywhere we perform/practice]

SAFETY FIRST

Synchro is a CONTACT SPORT; much media attention with the 2016 Olympics

KNOW the WATER: depths (how Shallow/Deep), slanted sides, tile/plaster, steps/ladders, ...

SLIPPERY AREAS: around the pool, dressing room, ...

GLASS !!!

SUNBURN: Use whatever protective SUNSCREEN/BLOCK you need
(MH usually has something available)

EARS: Know about depth & pressure - the physical laws & effects

GET THE WATER OUT

MH may have Alcohol available

Alcohol + Peroxide, or A + Vinegar, or + Glycerin solutions also work
(I've used just alcohol for over 75 years & have had no ear trouble)

NO MATTER WHAT -- just GET THE WATER OUT!!!

EYES: GOGGLES are great for practice

EYEDROPS (MH may have some gentle hypoallergenic eyedrops available)

ELECTRICITY: Keep equipment away from edge of pool & puddles

Know our SOUND SYSTEM in case we have no sound person "on duty"

Know our VIDEO CAMERA in case we have no video person "on duty"

TROUPERETTE III (follow spot) shouldn't get real wet

FLOOD LIGHTS are usually top heavy & very breakable

BEWARE of BEES, thorns, allergenic plants (like Wedelia, ground cover with yellow flowers)

TAKING CARE of

iPODs: KEEP cool; KEEP shaded; KEEP dry

SUITS: For longer life, 2+ hours in fresh water [good], 2+ minutes with baking soda [better]

SHINY STUFF like SEQUINS or MYLAR -- KEEP out of sun & KEEP cool

COSTUMES:

Before show starts, check ALL parts (right side out, zipper OK, capes, ears, ribbons, ...)

Before show starts, get safety pins, bobby pins, rubber bands, ...

Once WET, keep all COLORS SEPARATE (many items are dyed)

After show, tell me about any costume problems (holes, runs, marks, ...)

USE your COMMON SENSE: call in any questions/suggestions 864-8122

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