



Young Archaeologists' Club

🔥 TIPS TO BEAT THE HEAT 🔥



Help us keep everyone safe, cool, and comfortable during the hot weather.

— A few simple steps can make a big difference



Drink Water regularly

Bring a refillable water bottle if you can and keep sipping throughout the day



Wear a hat and suncream

Protect yourself from direct sun, especially during the hottest parts of the day



Take breaks in the shade

Rest in cooler areas and enjoy the cover of nature if you start to feel too hot



Help look after others

Spot someone struggling in the heat? Let your YAC leader know



Tell someone if you start to feel unwell

Please speak to YAC leaders if you start to feel unwell. We are here to help.



Know the signs of heat exhaustion

tiredness • dizziness • nausea • excessive sweating • confusion.
Move to a cool place, drink water, and seek help straight away.



REMEMBER: YOUR SAFETY COMES FIRST. PLEASE FOLLOW GUIDANCE FROM YOUR YAC LEADERS

Thank you for helping keep YAC activities safe and enjoyable for everyone