



# August NEWSLETTER

2020



## BE SUN SAFE!

With this the summer heat coming in full force here are a few signs to watch for when you are outside enjoying the warm weather!

Heat exhaustion symptoms can include:

- Heavy Sweating
- Feeling Weak or Confused
- Dizziness
- Nausea
- Headache
- Cold, Clammy Skin
- Fast, Weak Heartbeat

Heatstroke symptoms can include:

- Lack of Sweating
- Confusion, Disorientation, Staggering
- Red, Hot, Dry Skin
- Throbbing Headache
- Nausea and Vomiting
- Rapid Heartbeat
- Rapid Shallow Breathing

**REMEMBER TO STAY HYDRATED!**

## CREATING A NEW NORMAL

Sungod skaters have had amazing resilience and drive throughout all the changes that have had to take place to uphold the new normal and keep everyone safe! Everyone skating this summer has learned the protocols and worked hard to actively follow and maintain their physical distancing at all times. Slowly all these new rules and measures are becoming habits that the skaters will be able to continue without worry. Due to a slight uptick in cases in BC, we have also increased our vigilance by requiring all skaters and coaches to be wearing a face covering during the temperature scan and entry line up before entering the building, as everyone's health and safety continues to be our top priority. Since the official start of the Summer skating season on June 29th training with the reduced number of skaters to keep in with distancing recommendations has been a great success. Keep up the great work, Sungod!



## DRESS-UP DELIGHT

Skaters on Session G & H have been able to enjoy some wonderful theme days hosted by Coach Hana and Coach Sabrena! They have included Pajama Day where the skaters came dressed for bedtime, Zootopia Day where skaters came dressed as their favourite animals, and Western Day where skaters dressed as cowgirls and cowboys. The theme days are full of regular training but also some incredibly fun activities that follow along with the themes. With a few more weeks of Summer skating who knows what other fun days will be coming next!







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## THANK YOU, MEMBERS!

The coaches all received a lovely book from the all the skaters, parents, and board members filled with skaters pictures and messages from the skaters to the coaches. All the coaches were extremely grateful and had this message:

Dear Sungod Skating Club Membership,

The coaches would like to thank everyone for the wonderful gift they received this week. The booklet was filled with lovely pictures and messages from the skaters that truly touched our hearts and will forever be a treasured keepsake for some amazing memories! During such an unprecedented time, we have been honored to be able to provide our members with what little normalcy we could, and each time we were able to see all the skaters, their families, and even their pets in the virtual world was a delight. We will all cherish this booklet for years to come.

Thank you!

Sincerely,

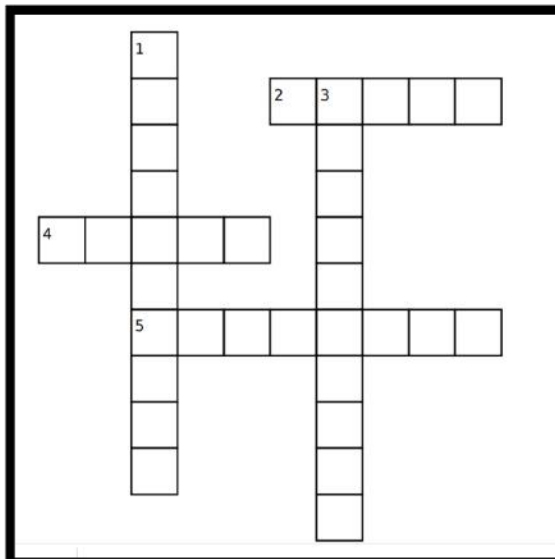
Coaches Kevin, Lani, Hana, Chelsea, Jacqueline, Sabrena & Austin



Thank you to all those who have dropped off bottles at the Return it Express Depots in BC. We have returned over 5000 bottles and raised over \$500 so far!

Here are the simple steps:

1. Put your cans and bottles into a clear plastic bag. No sorting required
2. Go to any Return-It Express locations: <https://www.return-it.ca/locations/express/>
3. Go to the express window and enter in the Sungod Skating Club Phone Number into the self-service machine: 604-839-0950
4. Print the sticker and place the label on the clear bag
5. Leave the bag in the drop off area



Across:

2. created by the body at high temperatures and when exercising hard
4. I like to \_\_\_\_\_ during my vacation and rest time
5. an activity taking place in a pool, lake, or ocean

Down:

1. worn on our eye to protect them on bright days
3. a fruit that is green outside, pink inside, and delicious to eat on a summer day

