

# BLM

# **Bureau of Land Management**

El Mirage Dry Lake Dumont Dunes Silurian Dry Lake Stoddard Valley Lucerne Dry Lake Sperry Wash Rasol Johnson Valley Soggy Dry Lake Cougar Buttes Sawtooth Canyon Odessa Canyon Afton Canyon Mule Canyon

## Dear BLM Applicant:

The following is information about the **Bureau of Land Management Commercial Film Permit Application**.

## Attached you will find:

- 1. BLM Cover Page with instructions and fee information 3 pages
- 2. Land Use Application and Permit, 3 pages (signature required on Page 1 & 2)
- 3. Commercial Use Application, 2 pages (signature required on page 2)
- 4. Map(s) of Specific Location (please mark your location on map and return with permit)
- 5. Special Circumstances Forms and Stipulations (sign and return only if applicable)
- 6. Driving Directions yours to keep
- 7. Wildlife & Misc. Information yours to keep

## Please include with your return Email:

- a. #2 4 (and # 5 if applicable), signed and completed (required)
- b. A **Storyboard** or a **detailed description of activities** (not required but highly recommended)
- c. A Certificate of Insurance **and** a Letter of Endorsement listing the **Bureau of Land Management** as additionally insured (Required see page two (2) for details)

Please read and complete the aforementioned forms. Any pages left unsigned or incomplete will halt the permit process and delay your permit. Please use the checklist above to verify you have prepared all the appropriate documents. Once the signed and fully complete application has been received, along with required insurance documents and payment, the IEFS will process you permit within 7-10 working days. It is important to list ALL props, vehicles, and equipment to be used, along with a detailed description of your activities and/or a storyboard. You must list all stunts, precision driving, pyrotechnics, explosive devices, airplanes, helicopters or drones used in your shoot. If you need to create dust for your shoot, the use of Fuller's Earth is allowed, but must be listed on the permit.

### FEES\*

All Motion Filming (Film, Digital, Video, etc.)Permit Rates	31-30 people = \$250/day 31-60 people = \$500/day 61+ people = \$600/day		
Commercial Still PhotographyPermit Rates	s: 01-10 people = \$100/day 11-30 people = \$150/day 31+ people = \$250/day		
Processing FeeTo be determined based of	on BLM Review (Starts at \$136)		
Monitoring Fee To be determined based on BLM Review (Starts at \$136)			
IEFS Fee <sup>+</sup>	\$205 per permit		

<sup>\*</sup>Regulations (43 CFR 2920.6(b)) require the collection of cost recovery and monitoring fees for land use permits.



# Bureau of Land Management

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# **ALL FEES ARE NON-REFUNDABLE**

All invoices will be sent via Square.com where you can pay online with a credit card or via ACH

If you want to pay by check, make it payable to the <u>Inland Empire Film Services</u>, <u>Inc</u>. Once you have been given your total, overnight (via FedEx, UPS, etc.) your check to the address supplied by the IEFS representative. <u>Keep in mind that the check has to clear the bank before the permit will be issued</u>.

You must provide <u>proof of liability insurance</u> and a <u>Letter of Endorsement</u> (ISO Form CG-20-12-07-98 or equivalent) naming the Bureau of Land Management as additionally insured for the amount of \$1 million.

The Insurance Certificate *must* read in the "Certificate Holder" Box *verbatim*:

"Bureau of Land Management, 2601 Barstow Road, Barstow, CA 92311"

The Insurance Certificate *must* read in the "Description of Operations" Box *verbatim*:

"U.S. Department of the Interior, Bureau of Land Management, as additional insured"

The Letter of Endorsement *must* read *verbatim*:

"Bureau of Land Management, 2601 Barstow Road, Barstow, CA 92311"
And

"U.S. Department of the Interior, Bureau of Land Management, as additional insured"

In the event of the use of aircraft, an Aircraft Insurance Certificate and Letter of Endorsement is required naming the Bureau of Land Management as additionally insured for the amount of \$5 million in the event of the use of airplanes, helicopters, or any other aircraft. If you are using drones, additional <u>Aircraft/UAS</u> insurance of \$2 million is required along with your FAA drone documents and a POA with Aeronautical maps, copy of 107 cert and FAA drone registration.

The Aircraft Insurance Certificate *must* read in the "Certificate Holder" Box *verbatim*:

"Bureau of Land Management, 2601 Barstow Road, Barstow, CA 92311"

The Aircraft Insurance Certificate *must* read in the "Description of Operations" Box *verbatim*:

"U.S. Department of the Interior, Bureau of Land Management, as additional insured"

The Aircraft Letter of Endorsement *must* read *verbatim*:

"Bureau of Land Management, 2601 Barstow Road, Barstow, CA 92311"
And

"U.S. Department of the Interior, Bureau of Land Management, as additional insured"

# A Copy of your "Plan of Activities" (POA) filed with the FAA is also required for aircraft

Please contact us once a specific location has been chosen to determine the availability of that location on the date you desire. All locations requested are tentative and are not guaranteed reserved until your paperwork is received, completed, signed and paid in full.

All vehicles to be used during filming must have displayed the approved *Film Access Vehicle Permit* on the front, driver's side dashboard (issued with the approved permit). Also, a complete copy of your permit, stipulations, maps and insurance must be on site at all times.





# THANK YOU for permitting Bureau of Land Management Lands

# "Hollywood's Largest Backlot!" TM

Inland Empire Film Services has crew and services available for film production, feature films, commercials, television, still photography, music videos, industrial videos, independent films, student films, and more! Just check out our website (<a href="www.iefilmpermits.com">www.iefilmpermits.com</a>), email us (<a href="mailto:blm@iefilmpermits.com">blm@iefilmpermits.com</a>) or give us a call.

If you need any assistance please do not hesistate to contact us

Dan Taylor ......(951) 415-9600 Linda Kai-Gorman.....(951) 415-3419

Thank you for filming our "27,000 Square Miles of Filming Opportunity!" TM

Form 2920-1 (March 2011)

(Continued on page 2)

# UNITED STATES DEPARTMENT OF THE INTERIOR BUREAU OF LAND MANAGEMENT LAND USE APPLICATION AND PERMIT

(Sec. 302(b) of P.L. 94 - 579, October 21, 1976, 43 U.S.C. 1732)

FORM APPROVED OMB NO.1004-0009 Expires: March 31, 2014

OR BUREAU OF LANI	MANAGEMENT	(BLM)	USE	ONLY
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Application Number

1. Name (first, middle initial, and last)	Address (include zip code)		Phone (include area code)
2. Attach map or sketch showing public lands for	which you are applying		
3. Proposed date(s) of use: from	to		
4. Give legal basis for holding interest in lands in the State of		Resident	Partnership
the State of(Check appropriate box at right and explain	n.)	Corporation	County
		Local Governm	ent State Government
	L	Other	
5. Are the lands now improved, occupied or used	? Yes No (If "yes," describe impro	vements and purpo	ses, identify users and occupants.)
6. Do you need access to the land? Yes	No (Describe needed or existing access)		
7a. What do you propose to use the lands for?			
b. What improvements and/or land development of may be required)	do you propose? (To complete application pro	ocessing, engineer.	ing and construction drawings
c. What is the estimated capital cost? d. What	at is the source of water for the proposed use?		
\$			
CERTIFY That the information given by me in this a	pplication is true, complete, and correct to the best	of my knowledge an	d belief and is given in good faith.
(Signature of Applicant)	· · · · · · · · · · · · · · · · · · ·	(Da	ate)
Title 18 U.S.C. Section 1001, makes it a crime fo any false, fictitious, or fraudulent statements or represe	r any person knowingly and willfully to mak ntations as to any matter within its jurisdiction.	e to any departme	nt or agency of the United States

	3		DED	MIT		
PER Permission is hereby granted to of to use the following described lands:				MII	Permit Number	
TOWNSHIP	RANGE	SECTION		SUBDIV	/ISION	
<ol> <li>This permit at the discr permit is su acquired.</li> <li>This permit (43 CFR 29)</li> <li>This permit BLM.</li> <li>Permittee m</li> <li>Authorized Federal age have the right approximately.</li> <li>Permittee m resulting from the permittee may be regulations must keep to the permittee may be regulations must keep to the permittee may be remittee may be remitted.</li> </ol>	ne following condition is issued for the BLM, a biject to valid adversus is subject to all application of the BLM at may not be assignated as a may not be assignated as a subject to all applications of the condition of the premise applicable to the profise of the protection of the premises in a neat must pay the BLM,	iod specified below. It any time upon notice seclaims heretofore or illicable provisions of the	e. This hereafter e regulations roval of the public use. Interior, other at all times of its property all laws and erection or cluding the animals, and ondition.	10. Use or occupancy of lame day  11. Permittee must take al forest, brush, and gras the vicinity of the land  12. Permittee must not or resources from the lame BLM. Such permissis to pay fair market values agrees to have painted on each admaintained under the authority of September 24, 15 Opportunity clauses. BLM.  15. Permittee acknowled	y be required if a rental adjus and under this permit will of onths from date hereof and must ys each year. Il reasonable precautions to piss ss fires and prevent pollution	revent and suppress of waters on or in sor remove other remission from the yar requirement burces. It is permit marked or facility erected or ye Order No. 11246 ts forth the Equal erobtained from the mat he/she knows,
Permit issued for	r period					
-				1 <del>411 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 </del>	(Permittee)	**************************************
			_		(BLM)	
То				8-30-800 - II- III- 100-0000	(Title)	(Date)

### INSTRUCTIONS

- 1 Submit, in *duplicate*, to any local office of the Bureau of Land Management having jurisdiction of the lands.
- 2. Applications for Land Use Permits will not be accepted unless a notification of the availability of the land for non-BLM use (*Notice of Realty Action*) has been published in the Federal Register and for 3 weeks thereafter in a newspaper of general circulation. This provision does not apply in those situations where the publication of
- a (Notice of Realty Action) has been waived by the BLM.
- 3. Costs of processing the application must be paid by the applicant in advance.
- The BLM may require additional information to process an application. Processing will be deferred until the required information is furnished by the applicant.

(Continued on page 3)

# NOTICES

The Privacy Act of 1974 and the regulation in 43 CFR 2.48(d) provide that you be furnished the following information in connection with intermetion required by this application for a fraid USa Permiturnished with the following information in AUTHORITY: 43 U.S.C. 1201; 43 CFR Part 2920 PRINCIPAL PURPOSE: The miormation is to be used to process your application. ROUTHNETUS BS: (N) The adjustent of an early in EFR Perter 2020 a period use Pertion 2) to be unformation promested mation. (3) Transfeist Compropriate Federal agencies when concurrence is required prior to granting a right in public lands or resources. (4)(5PRINICIPALITYURPOSE! THE BLAMERSEL WILL BE TRANSPORTED FOR THE FORM OF THE PROPERTY OF TH when relevant to civil grigning or regulators investigations of prosperitions at titled, "Land and Minerals Authorization EFFECT OF NOT PROVIDING INFORMATION: Disclosure of the information is voluntary. If all the information is not provided, the application may be made: (1) To appropriate Federal agencies when concurrence or supporting information is required prior to granting or The pageniring restight or Ainter 1995 in Laures as to source so (12) hat o Federal, State, or local agencies or a member Information is enserted to phice in application to a laptic information, persuant of AFGFR a feet of 63970, the U.S. Department Informations have if the applicanting perposed use meet the transfer work 3. GER Section 2971 ted States, the Applicant must respond before he/she can be granted an authorization to use public lands.

BLM would like you to know that you do not have to respond to this or any other rederal agency-sponsored information collection unless the plays of three representations of the litigation or anticipated litigation or has an interest in such litigation, and (b) the Department of the Interior determines that the disclosure is relevant or necessary to the litigation and is compatible with the purpose for which the records were compiled, (4) To an appropriate BURDEN HOURS & TACHEMENTE Rubling reporting sponds of the four street instead of the street of the s the time for neviewing instructions, gathering and maintaining classified and agently time and reviewing the form Alegation mantsolation regarding the burden estimate or any other aspect of this form to U.S. Department of the Interior, Bureau of Land Management (1004-0009), Bureau information Collection Clearance Officer (WO-630), 1849 C Street, N.W., Mail Stop 401 LS. Washington, D.C. 30214 member from the record of an individual in response to an inquiry made at the request of that individual, (6) To the Department of the Treasury to effect payment to Federal, State, and local government agencies, nongovernmental organizations, and individuals, and (7) To individuals involved in responding to a breach of Federal data. The BLM will only disclose this information in accordance with the Freedom of Information

### The Paperwork Reduction Act requires us to inform you that:

Act, the Privacy Act, and the provisions at 43 CFR 2.56(c).

The BLM collects this information to process applications for land use authorizations, in accordance with 43 CFR Part 2920.

You do not have to respond to this or any other Federal agency-sponsored information collection unless it displays a valid OMB control number.

EFFECT OF NOT PROVIDING INFORMATION: Submission of the requested information is necessary to obtain or retain a benefit. Failure to submit all of the requested information or to complete this form may result in delay or preclude the BLM's acceptance of your form.

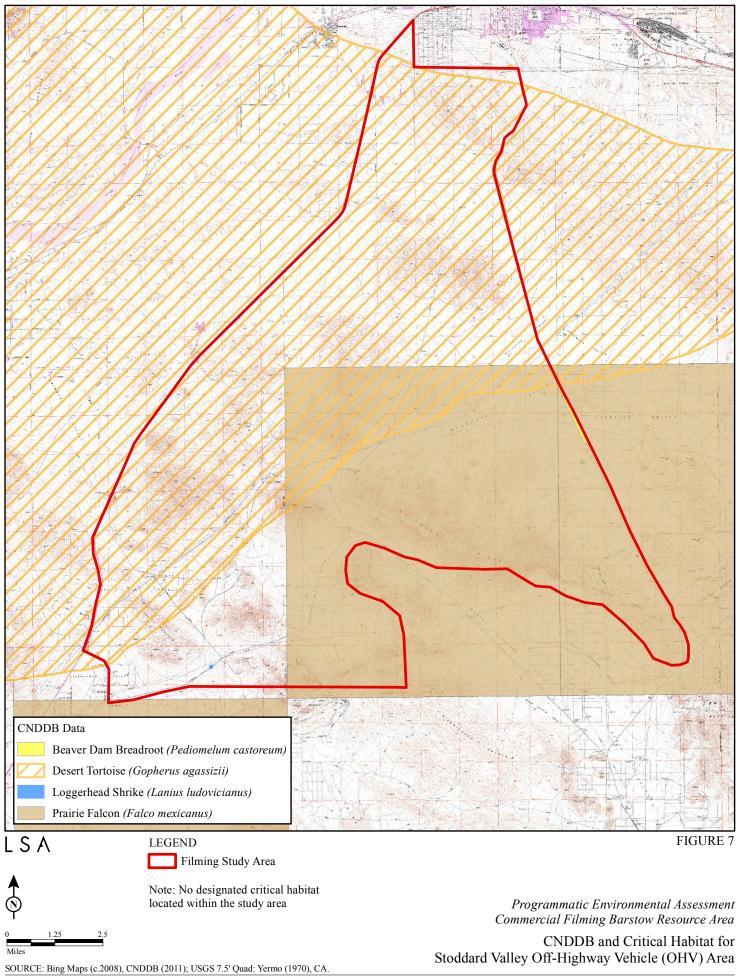
**BURDEN HOURS STATEMENT:** The estimated public reporting burden for this form is 1 hour per response for the majority of responses, including the time for reviewing instructions, gathering and maintaining data, and completing and reviewing the form. For more complex responses, the estimated public reporting burden is 120 hours per response, including the time for reviewing instructions, gathering and maintaining data, and completing and reviewing the form. You may submit comments regarding the burden estimate or any other aspect of this form to: U.S. Department of the Interior, Bureau of Land Management (1004-0009), Bureau Information Collection Clearance Officer (WO-630), 1849 C Street, N.W., Washington, D.C. 20240.

# UNITED STATES DEPARTMENT OF THE INTERIOR BUREAU OF LAND MANAGEMENT

# **COMMERCIAL USE APPLICATION** (revised 8/13/98)

Fax pnone ( )
Name of Company
Address
Telephone ( ) City/State/Zip
Name, title & phone # of Person Responsible on Location
rame, and a priorie in or reconstruction on Essanon
Location of Site Desired (See enclosed map) Specific Locations to be Used (i.e., what part of lake bed/dunes/area, etc.) and circle on the map the area you will be using for filming/still photos and return the map with your application.
Type of Use: commercial production; nonprofit production; community service production; educational production
Purpose of use: feature film; advertisement; documentary; still photograph; video; other (state)
State name of feature film, TV series, commercial product, music video group, other:
Dates of Use Hours of Use
Number of Personnel Involved; include production, cast and crew
Statement of Activity to Take Place - IN DETAIL
Animals to be used on location; how many?
what kind? None

Equipment, Vehic	eles, and/or Aircraft to be	e Used (must be accurate):
# of Cameras		# of Camera Cars
# of Small Vehicle	es (one ton or less)	# of Large Vehicles (one ton or more)
# of Motorhomes .		# of honeywagons
type of misc. equi	ipment	# misc. equipment
type of transport v	vehicles	# of transport vehicles
type of Aircraft		# of Aircraft
Other (# and Type	e)	
Props/sets/scene:	s to be used/constructe	ed, give details (must be accurate):
Use of Pyrotechni	ics, <b>give details and fu</b>	ıll description of use:
AND A LETTER	STATING WHAT EXP OF USE AND EVENTS	OF PYRO TECHNICIAN. COPY OF HIS STATE I PLOSIVES HE/SHE WILL BE USING. WITH DI S. SAN BERNARDINO COUNTY SHERIFF A
AND A LETTER EXPLANATION ( APPROVAL REQ	STATING WHAT EXP OF USE AND EVENTS UIRED.	PLOSIVES HE/SHE WILL BE USING. WITH D
AND A LETTER EXPLANATION ( APPROVAL REQ	STATING WHAT EXP OF USE AND EVENTS UIRED. one number of person(s)	PLOSIVES HE/SHE WILL BE USING. WITH DI S. SAN BERNARDINO COUNTY SHERIFF A
AND A LETTER EXPLANATION ( APPROVAL REQ  Name and telepho	STATING WHAT EXP OF USE AND EVENTS UIRED. one number of person(s)	S. SAN BERNARDINO COUNTY SHERIFF A  ) to contact in case of emergency:





# **Special Effects and Hazardous Conditions Worksheet**

Permit #				Date	
Special Effects Coor	dinator			License #	
Film Production Con	mpany		SFX	Coord. Telephone #	
Film Production Co.	Address _				
Location(s)					
				License #	
Assistants				License #	
Activity/Special FX	Materials	(please note of	quantities to be us	ed for each material listed):	
Date(s) of Activity:				Time(s):	
SFX Coord. Signat	ure			Date	
<b>Production Co. Sig</b>	nature		Date		
	ense of all o			st also <u>email</u> a copy of the front and back of the e on location, in addition to the Special Effects	
This form and a copy	y of your St	tate Pyrotechr	nics license(s) are 1	required before a permit can be issued	
	OMI V				
FOR COUNTY USE	ONL 1		_		
	tial)	Date	By		

# BUREAU OF LAND MANAGEMENT BARSTOW FIELD OFFICE SPECIAL ANIMAL STIPULATIONS FOR COMMERCIAL FILMING

- 1. Animals not endemic to the area shall be under the control of **qualified handlers** at all times. Animals shall **not** be allowed to feed on natural vegetation.
- 2. Permittee is responsible for providing appropriate feed and water for the animals. Plant eating animals shall be fed non-germinating pellets or certified weed-free hay for two days prior to filming AND during filming while at the BLM location. Animals will be either tied to a parked vehicle; contained in a free standing fenced corral; and/or housed within a trailer in a parking area or road, when not in use.
- 3. All animal "waste" shall be removed from the public lands on a daily basis. Transmission of diseases from domestic animals to wildlife will be avoided through appropriate action (vaccines, avoidance of contact, etc).

Permittee acknowledges, by signing below, that he/she knows, understands and accepts the terms and conditions under which this permit is issued.

Production Company	Animal Handler Company
Permittee Name (Please Print)	Animal Handler Name (Please Print)
Title	Animal Handler Signature
Permittee Signature	Address
	City, State
	Phone number





#### THE DESERT TORTOISE

STATUS: On April 2, 1990 the desert tortoise was listed by the U.S. Fish and Wildlife Service as a threatened species. Under the provisions of the Endangered Species Act, anyone who takes (the term "take" means to harass, harm, pursue, hunt, shoot, wound, kill, trap, capture, or collect, or to attempt to engage in any such conduct) a tortoise is subject to civil and/or criminal penalties of up to a \$50,000 fine and one year in jail or both. BLM will be assisting the Fish and Wildlife Service in the enforcement of the Act. Additionally, the desert tortoise is considered by California to be a threatened species with associated penalties.

BIOLOGY: Like other reptiles, the desert tortoise is cold blooded. To survive in the desert the tortoise "sleeps" through the heat of summer and the cold of winter in a burrow deep underground. Tortoises come out in the spring (and for a short period in the late summer and fall) to eat, drink, socialize, travel, etc. At other times of the year they are less active or not active at all.

The desert tortoise lays from 4 to 14 ping pong ball size eggs each year after reaching 10 to 20 years of age. Since a tortoise may live for 60 to 100 years, many eggs will be laid in a lifetime. However, only about 5 out of every 100 hatchlings will survive to become an adult tortoise. For the first 6 or 8 years, the young tortoise's shell is no thicker than your fingernail, and therefore, it is easy prey for many other desert animals.

Many of man's activities are also threatening the survival of the desert tortoise and are considered illegal. Some of these include:

- 1. removing wild tortoises from the desert,
- releasing pet tortoises into the desert (they often carry disease),
- 3. driving off roads in areas not designated for off-highway vehicle play,
- crushing tortoises as they are crossing roads,
- shooting at tortoises, and
- handling tortoises found in the desert (this may cause them to lose vital water supplies).

#### Some DOs and DON'Ts:

- If you find a desert tortoise in the desert, DO take pictures, get down and look at it (but not too
  closely so that you don't harass it), watch to see how it moves and what it eats, and then walk
  away and know that you have done a good deed by letting it live in peace.
- While driving on desert roads, DO keep an eye out for tortoises crossing the road. If you encounter one and have plenty of room to pass, drive slowly and carefully around it. If you don't have room to pass, stop and let the tortoise move across the road of its own accord. If the tortoise is on a paved road and in immediate danger, pull your car over and stop in a safe place. Lift the tortoise slowly and gently, keeping it level. Move it to a safe place, no more than 100 yards away, in the same direction that it was traveling. Carefully set it down, preferably in the shade of a shrub.
- 3. If you want a pet desert tortoise DON'T take one out of the desert! Do call the California Turtle and Tortoise Club (Linda York in Palm Desert at (760) 347-2647 or Bunny Williams in San Bernardino at (714) 862-4777) or the California Department of Fish and Game at (714) 597-8235. You also will need to get a free permit from the Department of Fish and Game to legally keep the tortoise.
- 4. If you get tired of a pet desert tortoise DON'T let it go in the desert. Release of captive tortoises is a violation of the Endangered Species Act. Instead, call one of the numbers listed above to find a new home for your pet.

Revised 3/27/97





# **Desert Survival Safety Tips**

Before any trip, always let someone know where you are going, the route(s) you plan to take, and when you expect to return. Make sure to stick to your plan. It will increase your chances of survival greatly. Be sure to check the road and weather reports before traveling as well.

When in hot weather, you need to adapt gradually, going into the heat for short periods at first. Always keep your clothing on. It helps to keep the body temperature down and reduces the dehydration rate. Also, cover your head. If a hat is not handy, improvise a head covering. Also make sure to drink fluids frequently and eat small meals regularly during the day. Do not drink alcohol. It will decrease your ability to tolerate the heat. If you have water, drink it. Do not ration it. Carry at least one gallon of water per person per day. In a pinch, use plastic gallon jugs. They are handy and are transported easily. If water is limited, keep your mouth shut. Do not talk, do not eat, do not smoke, and, as mentioned before, do not drink any alcohol.

The best thing to do is find shade, sit down, and prop up your feet. You may adjust your shoes and socks, but *do not remove them* – you may not be able to get them back on your swollen feet (a common problem). If you must walk in the sun/heat, rest for at least 10 minutes every hour. If you are not normally physically active, rest up to 30 minutes every hour. Try to avoid sitting or lying directly on the ground. It may be 30+ degrees hotter than the surrounding air.

Make it a point to keep an eye on the sky. If you see "Thunderheads," near or far, be prepared to evacuate. Flash floods may occur in a wash in a matter of moments. They can fill low spots to dangerous levels very quickly. During evacuation, or any other time, do not drive through flooded roads if you can't tell how deep it is.

Be sure your vehicle is in good condition with a sound battery, good hoses, spare tire, spare fan belts, necessary tools, reserve gasoline, and extra oil. Other spare parts and extra radiator water are also valuable.

Before driving through washes and sandy areas test the footing. One minute on foot may save hours of hard work changing a flat, digging your vehicle free, or replacing a punctured oil pan. It is recommended to use a four-wheel-drive vehicle when traversing these areas.

If caught in a dust storm while driving, immediately get off the road, Turn off your headlights, and turn on your emergency flashers. Try to position your vehicle with the back to the wind. This will reduce windshield pitting by sand particles.

If you vehicle breaks down, stay near it. Your car and various items within it can be useful in an emergency. You can raise the hood and truck lid to denote "Help Needed." Also, a vehicle can be seen for miles, but a person on foot is very difficult to find. Only leave a disabled vehicle if you are positive of the route to help. If you must walk for help, wait until sunset and leave a note telling which way you went.

# **Heat Related Illness**

## **Body Temperature Regulation**

Regulating ones body temperature is a constant balancing act of heat input from ambient temperature, metabolism, physical work, sunlight, and heat output from radiation, evaporation, conduction, and convection.

Normally, radiation accounts for about two-thirds of heat loss, with one-third resulting from evaporation. If you are very hot, or working hard and sweating, evaporation can become a major factor in heat loss, except for when it very humid, in which case evaporation has no effect. Conversely, water conduction may also be a major factor in heat loss. When immersed in water, one can lose significant body heat (unless the water is around body temperature). Infants and very young children lack effective heat regulatory mechanisms and are more at risk for heat related injuries.

Acclimatization by exertion (i.e. working or working out) in the heat encourages the body to adjust to a hot climate. Until one is acclimated, heavy exertion should be limited to 30-90 minutes per day, avoiding the hottest part of the day.

Clothing should be lightweight, light in color, and a loose weave. A wide-brimmed hat will help keep you cool and prevent sunburn.

Be aware of humidity! Even in relatively cool temperatures (75 degrees), marked exertion in very high humidity can lead to heat illness due to failure of evaporative cooling.

### **Heat Disorders**

### **Heat Cramps**

These are painful cramps, usually following exercise or heavy exertion, and often affecting major muscles such as the calves and thighs. Stretching, maintaining good hydration and electrolyte balance, as will becoming acclimated to the heat has been found to be the most effective in alleviating this painful condition.

#### **Heat Syncope**

Heat Syncope is when one faints due to heat exposure, often after prolonged standing or when standing up from a seated position. Most people recover quickly to fluid replacement. Older individuals and those on hypertension medications are most at risk.

#### **Heat Exhaustion**

This is caused by dehydration and depletion of electrolytes, or body salts. Its symptoms are weakness, headache, dizziness, nausea, vomiting, and diarrhea. An increased body temperature and pulse rate may also be present. The treatments for heat exhaustion is to rest, get out of the heat/sun, sponge the body with water and fanning it, and to replace the body's fluids and salt with a sports drink, or water and salty snacks. If not taken seriously, this can progress to heat stroke.

#### **Heat Stroke**

In this condition the body loses its ability to regulate temperature causes the body temperature to soar, often to above 106 degrees. Sweating may or may not be present. Heat stroke will result in physical collapse and mental deterioration ranging from confusion to coma. If someone is exhibiting these systems, call 911 immediately. This is a medical emergency and must be treated aggressively with rapid cooling and IV fluids. If not, permanent damage to kidneys, heart, or liver may result, and is some cases, death. If you suspect someone is experiencing heat stroke, here are a few emergency treatment that will help until emergency crews arrive: 1) remove clothing, 2) cool/wet the body, with whatever water that is available, 3) fan the body, 4) if victim is able to drink, give them water, a sports drink, or any oral rehydration formula.

#### **Preventing Heat Illness**

Even marginal dehydration interferes with the body's ability to regulate temperature. It can also cause mild diarrhea, which can dramatically increase dehydration. In hot climates, you should always consume enough water so that you urinate every two to three hours. If your urine becomes dark yellow, it means that you are getting dehydrated or that you are getting jaundiced.