

Beating the Heat

Hydration Tips

- proper hydration is the best safeguard against heat illness
- remember to drink before, during and after practice and competition
- it starts at home: an athlete that comes to practice dehydrated will never be able to drink enough to protect him/herself from heat illnesses
- by the time you are thirsty, you are already dehydrated
- bring a water bottle to the locker room/playing field

WARNING SIGNS OF DEHYDRATION

- ✓ thirst
- ✓ irritability
- ✓ headache
- ✓ weakness
- ✓ dizziness
- ✓ muscle cramps
- ✓ nausea
- ✓ vomiting
- ✓ decreased performance

Effects of Dehydration

- dehydration can affect an athlete's performance in less than an hour of exercise - sooner if the athlete begins the session dehydrated
- dehydration of just 1-2% of body weight (loss of only 1.5-3 lbs for a 150 lb athlete) can negatively influence performance
- dehydration of greater than 3% of body weight increases an athlete's risk of heat illness

What to drink to become hydrated

- ✓ water is always best
- ✓ sports drinks
 - Powerade, Gatorade
 - carbohydrate concentration should be around 6-8%
- ✓ cool beverages at temperatures of 50-59° are recommended

What NOT to drink to become hydrated

- fruit juices
- pop
- Kool-Aid
- beverages with over 8% carbohydrate levels
- energy drinks - ex. Red Bull, Amp
- anything containing caffeine or carbonation

Fluid guidelines

Before exercise

- ✓ 2-3 hours - drink 17-20 oz of water or sports drink
- ✓ 10-20 min. - another 7-10 oz of water or sports drink

During exercise

- ✓ drink early
- ✓ in general every 15-20 min. drink 7-10 oz of water
- ✓ drink beyond thirst

After exercise

- ✓ within 2 hours drink enough to replace any weight loss from exercise (20-24 oz of fluid per pound of weight loss)