

# KEEP THEM HYDRATED, KEEP THEM SAFE

## 5 TIPS TO HELP ATHLETES STAY HYDRATED

1

### KEEP HYDRATION TOP OF MIND

- Remind athletes to check their urine color before practice. If it's the color of pale lemonade, that's a sign of being hydrated.
- Take weather into account and give athletes opportunities to drink during practice.
- Teach athletes to pay attention to how they feel, including their thirst and energy levels.

2

### KEEP FLUID LEVELS UP

- Athletes should drink enough fluid to maintain hydration without over-drinking.
- Flavored, cold, lightly salted sports drinks like Gatorade® Thirst Quencher are important, because sodium helps maintain the athlete's desire to drink and retain the fluid consumed.

3

### KEEP THE BODY COOL

- Remind athletes to drink cool fluids to help maintain their body temperature.
- If your athletes experience heat illness, help them lower their body temperature by lying in a cool place with their legs elevated, applying cool, wet towels to their body and drinking cool fluids.

4

### KEEP HYDRATED BEFORE, DURING AND AFTER ACTIVITY

- Athletes need to think about their entire athletic schedule when it comes to fueling (not just when they are competing).
- Encourage them to drink plenty of fluids throughout the day to replace the fluids lost through sweat.

5

### KEEP A RECOVERY SCHEDULE

- Rest and recovery are an essential part of avoiding heat illness.
- Ensure your athletes have time for breaks during practices.
- Encourage athletes to get 6-8 hours of sleep each night in a cool environment if possible.

### THE EFFECTS OF DEHYDRATION:

DECREASED PERFORMANCE  
DECREASED MENTAL FUNCTION  
DECREASED MOTOR SKILLS  
DECREASED FLUID ABSORPTION  
DECREASED TOLERANCE TO HEAT

### THE SYMPTOMS OF DEHYDRATION:

NAUSEA                      LIGHT-HEADEDNESS  
HEADACHE                      VOMITING  
WEAKNESS                      FAINING  
  
FATIGUE /EXHAUSTION  
LOSS OF MUSCLE COORDINATION /DECREASED PERFORMANCE  
POOR CONCENTRATION /ALTERED MENTALSTATUS

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