



KEEP THEM HYDRATED, KEEP THEM SAFE

5 TIPS TO HELP SOCCER 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 FLUID ABSORPTION
- DECREASED MENTAL FUNCTION
- DECREASED TOLERANCE TO HEAT
- DECREASED MOTOR SKILLS

THE SYMPTOMS OF DEHYDRATION:

- NAUSEA
- FATIGUE/EXHAUSTION
- LIGHT-HEADEDNESS
- HEADACHE
- LOSS OF MUSCLE COORDINATION
- VOMITING
- WEAKNESS
- DECREASED PERFORMANCE
- FAINTING
- POOR CONCENTRATION/
ALTERED MENTAL STATUS

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