



# 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 laying them down in a cool place with their legs elevated, applying cool, wet towels to their body and having them drink 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/ DECREASED PERFORMANCE
- VOMITING
- WEAKNESS
- POOR CONCENTRATION/ ALTERED MENTAL STATUS

**GATORADE**  
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