

TOUCHLESS HYDRATION



Follow these best practices in situations that call for a contact-free approach to athlete hydration, to help prevent the spread of germs among your athletes.

HYDRATION BEST PRACTICES

- **Develop** a protocol to have your athletes drink at scheduled intervals to optimize hydration breaks in the training room/weight room
- **Educate** your athletes on mask hygiene and proper use
- **Assign** a designated staff member to administer fluid
- **Assemble** a hydration table for squeeze bottles and electrolytes

SQUEEZE BOTTLES/CUP DISTRIBUTION

NOTE: If using cups, plan ahead to ensure you have enough to meet individual needs.

- **Label** squeeze bottles with the names of your athletes
- **Provide** wide mouth squeeze bottles whenever possible
- **Consider** providing or asking athletes to bring (two) reusable bottles per athlete—practice/competition and one extra for personal use
- **Determine** a squeeze bottle size that will work best for your athletes
- **Dispose** of used cups in a biohazard bag

ELECTROLYTE PROVISION

- **Equip** hydration table with electrolyte packets
- **Encourage** athletes to grab electrolyte packets and add to their bottle as needed
- **Consider** having additional premixed squeeze bottles for high-risk athletes
- **Provide** a trash bag for discarded packets

HYDRATION TESTING CHECKLIST

- Biohazard Bag
- Disposable Urine Cup
- Gloves
- Masks
- Refractometer
- Sanitizer
- Wipes

NOTE: Refractometers need to be cleaned after each use with a disinfectant wipe and the surface should be cleaned with distilled water between each test.

SANITIZATION CONSIDERATIONS

- Ensure reusable bottles are sanitized every day
- Remember to rinse coolers an additional time before use

NOTE: Utilizing hydrogen peroxide sanitizer can help prevent the spread of the virus that causes COVID-19.



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