



Hydration Tips

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Hydration is important year-round, and although recent weather may make it seem like this info is not particularly relevant, it does not need to be particularly hot for athletes to become dehydrated or over-heat. Especially when we consider how many of the HLCers play multiple sports in a day.

Maintaining hydration ensures proper electrolyte balance which is important to the proper function of muscles, nerves and internal organs. **It is imperative to stress this with athletes - staying hydrated improves performance. If you are already thirsty, then you are not well-hydrated.**

Two ways to know your hydration status 1) urine should be colorless or pale yellow and 2) you should rarely feel thirsty

Baseline fluid intake for children older than 8yrs old 6-8 cups/day. This intake should go up in hot weather and when exercising. Adult men 15.5 cups, adult women 11.5 cups

Tips:

- Drink a glass of water first thing in the morning. Even starting the night before can be helpful on those multi-game day tournaments.
- Limit sugary drinks the day before and day of (even the day after to help restore electrolyte balance).
- During heavy exercise, an athlete should aim for roughly 6 oz of fluid every 15min
- Fruits and vegetables are an additional (and tasty) source of fluid: about 20% of your fluids come from the food you eat (if you are eating a well-balanced diet).
- Add electrolytes via sports drinks or soluble tablets
- Avoid energy drinks that contain carbohydrate levels that are generally too high to add any benefit to performance.
- Loose clothing and sunscreen on hot days can help prevent heat illness

Monitor signs of DEHYDRATION:

- dark color urine
- headaches
- poor concentration
- thirst
- cracked lips
- dry mouth
- constipation
- lethargy



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WARNING SIGNS for HEAT ILLNESS*:

- Pale skin
- Profuse sweating
- nausea
- dizziness
- muscle cramping (extremities or stomach)

*if treated/can cool down within 30min is generally not a medical emergency

What to do:

- Find a cool, shaded place and offer fluids that contain salt and sugar.
- Remove excess clothing
- place a cool, wet cloth or cool water on your child's skin

WARNING SIGNS FOR HEAT STROKE**

- clammy skin
- lack of sweat
- confusion
- nausea
- increased respiratory rate/heart rate
- increased body temperature

What to do: CALL 911 or seek urgent care

**persistent symptoms of heat illness > 30min or more than one of the signs for heat stroke, it needs to be treated as medical emergency

Sources:

- www.urologyhelath.org
- www.healthy-kids.au
- <https://extension.usu.edu/>
- news_sections/home/_family_and_food/summer-hydration
- www.nhs.uk/conditions/heat-exhaustion-heatstroke

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