

**How can you tell if you are dehydrated? Do you feel any of the following?**

- ◆ Thirsty
- ◆ Dizzy
- ◆ Irritable
- ◆ Cramps
- ◆ Feel like you are going to throw up
- ◆ Headache
- ◆ Weak
- ◆ Tired
- ◆ Dry Mouth

If you answered yes to any of these, your body could be dehydrated.

**What do you do if you begin to feel this way?**

- ◆ Tell your athletic trainer or coach
- ◆ Take a time-out
- ◆ Drink fluids

Your athletic trainer or coach will tell you when you are able to begin playing again.

Parents:

It is very important for you to talk with your children about the importance of drinking fluids and how serious dehydration is. The Centers for Disease Control and Prevention reports that more than 300 people die each year from heat-related illness.

- ◆ Make sure your child has a sports exam by a doctor before he/she begins any sport.
- ◆ Make sure to tell your child's coach about any history of heat illness.
- ◆ Make sure your child drinks enough fluids before, during, and after playing sports. You can do this by sending a water bottle with your child.
- ◆ Make sure your child understands how important it is to drink plenty of fluids. Make sure he/she understands the signs and symptoms of dehydration.

By working together, we can make sure our children not only have fun while playing sports, but they are doing it SAFELY!



# Don't Wait HYDRATE

*Hey, Athletes!*

*Are you missing the most important safety equipment when playing sports? Look inside to find out...*





Would you play football  
without a helmet?

Would you play soccer without  
wearing shin guards?

If you answered  
“no” to these  
questions, then  
why would you  
play sports  
without drinking  
fluids?

Did you know  
that drinking  
fluids before,  
during, and after  
a sporting  
activity is just as  
important as  
having the  
correct protective  
gear?

If your body  
does not get the  
proper amount of  
fluids, you  
become  
dehydrated.

*What does dehydrated mean?  
Read on and find out....*

**Dehydration** is when your body is low in fluids (water) because you are not drinking enough to replace what is lost through sweat. This can cause you to perform poorly in sports.

Did you know that if you are between 8-14 years of age you could lose up to a quart of sweat during two hours of activity on a hot day? That is the same amount as a carton of milk!

Dehydration is something that you can prevent; that means it doesn't have to happen. But you say you are just a kid, what can you do to prevent this. It is easy. Just do three things...drink, drink and drink. That's right. Drink before your activity, during your activity, and after your activity.

Follow this guide to help you know how much to drink. Also, remember to stop dehydration before it begins. Drink water before you become thirsty - no pop or juice.

### **Before Your Activity**

If you weigh less than 90 pounds, drink 3-6 ounces of fluids, or take 6-12 gulps 1 hour before your activity.

If you weigh more than 90 pounds, drink 6-12 ounces of fluids, or take 12-24 gulps 1 hour before your activity.

### **During Your Activity**

If you weigh less than 90 pounds, drink 3-5 ounces of fluids, or take 6-10 gulps every 20 minutes.

If you weigh more than 90 pounds, drink 6-9 ounces of fluids, or take 12-18 gulps every 20 minutes.

### **After Your Activity**

If you weigh less than 90 pounds, drink up to 8 ounces of fluids, or take up to 16 gulps in the first hour after the activity.

If you weigh more than 90 pounds, drink up to 12 ounces of fluids, or take up to 24 gulps in the first hour after the activity.