

5 TIPS TO HELP ATHLETES STAY SAFE IN INTENSE HEAT



1. ALLOW FOR ACCLIMATION

It takes about **10-14 days for an athlete's body to adapt to the heat**, so if possible acclimation should start about two weeks before team practices begin.

2. ADOPT A HYDRATION STRATEGY

Maintaining hydration (within ~2% body weight change) helps reduce an athlete's risk of heat illness and can help the athlete maintain a high level of performance. Proactive steps athletes can take to stay hydrated include:

- **Check urine color before practice. If it's like pale lemonade, that's a sign of good hydration.**
- **Weigh in and out before and after activity.**
- **Drink enough fluid to minimize weight loss during practice – for each pound that is lost, add an additional 16 oz. of fluid during the next practice.**
- **After practice, consume 20-24 oz. for each pound lost to rehydrate for the next training session.**

ARE YOU HYDRATED?



NO

YES

3. DRINK 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 physiological desire to drink and helps retain the fluid consumed.

4. FIND TIME FOR RECOVERY

Rest and recovery are an essential part of avoiding heat illness. Athletes should work in times for breaks when active throughout the day, attempt to get **six to eight hours of sleep a night** and sleep in a cool environment, if possible.

5. MAINTAIN A HEALTHY DIET

Athletes need to think about **fueling before, during and after physical activity**. They should be fully hydrated with fluids and fueled with foods that contain electrolytes to maintain fluid levels. Fluids lost through sweat and breathing should be replaced by fluid consumption.



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