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 lying in a cool place with their legs elevated, applying cool, wet towels to their body and drinking cool fluids.

**THE EFFECTS OF DEHYDRATION:**
- Decreased performance
- Decreased mental function
- Decreased motor skills
- Decreased fluid absorption
- Decreased tolerance to heat

**THE SYMPTOMS OF DEHYDRATION:**
- Nausea
- Headache
- Weakness
- Fatigue/Exhaustion
- Light-headedness
- Vomiting
- Fainting
- Poor Concentration/Altered Mental Status
- Loss of Muscle Coordination/Decreased Performance