

# Welcome to the Hydration Campaign!

**KENDRICK  
FINCHER**



**HYDRATION  
FOUNDATION**

## **Directions:**

Look over the following information and complete the quiz below by circling the correct answer.

## **Did you know...?**

- 75% of the body is made up of water.
- 92% of blood is made of water.
- Water carries nutrients and oxygen to all the cells in your body.
- Water helps turn food into energy.
- Water regulates your body temperature.
- You have a 10% decrease in your mental performance when you feel thirsty.
- If you are dehydrated you are more likely to have trouble concentrating.
- If you are well hydrated, exercise feels easier and more enjoyable.

## **So drink more water!**

## **How much do I need to drink?**

You should take your weight and divide it by two.

So if you weigh 100 lbs. you should drink 50 oz. of water a day. Even if you weigh less than 100 lbs., though, you should always drink at least 50 oz. of water each day. And if you weigh more, you should drink even more!

## **When do I need to drink?**

You should drink water and other, healthy liquids all throughout the day. Especially when you are sweating or playing sports.

## **What should I drink?**

Water. Sports drinks are also great if you have actually been working out or playing sports. Soft drinks are not a healthy choice for hydration. They will actually make you dehydrate faster. Milk and juice are a great part of your diet, but they contain calories which you may need to keep an eye on for maintaining healthy weight.

## **What's the big deal?**

Dehydration is a common problem for many young athletes playing in heat. These conditions are not only dangerous, but are also fatal in some cases. You can die from these illnesses. Don't take it lightly. It's not cool to see how long you can practice without drinking water. It's deadly.

## **Three Degrees of Heat Illness:**

The three types of heat illness are Heat Cramps, Heat Exhaustion and the most serious and deadly form: Heat Stroke. All three of these types of dehydration are dangerous, and that is why it is so important to know the warning signs.

## **Warning Signs!**

Dehydration is a very common problem, and young athletes can experience consequences of dehydration even if they are as little as 2% dehydrated. Here are some warning signs:

- Noticeable Thirst
- Muscle Cramps
- Weakness
- Decreased Performance
- Nausea
- Headache

- Fatigue
- Lightheaded or Dizzy
- Difficulty Paying Attention

### **Then what?**

If you experience any of the previous symptoms, you need to take the following action:

1. Rest in a cool place
2. Drink a sports drink that contains the adequate amount of electrolytes.
3. Prevent dehydration in the future by consuming fluids before, during and after exercise.
4. Allow lots of time to rehydrate.

### **Heat Exhaustion**

Symptoms of heat exhaustion include dizziness and fatigue, chills and rapid pulse.

If you experience these symptoms, immediately:

1. Rest in a cool place.
2. Drink a sports drink.
3. Lie down with legs elevated to promote circulation
4. You should begin to feel better soon. If not, you may have heat stroke.

### **Heat Stroke**

Heat Stroke is a medical emergency! If not treated fast and well, it can result in death!

Symptoms include:

Very High Body Temperature

Altered central nervous system function (confusion or unconsciousness)

Healthy athletes collapse during intense exercise in the heat

### **Cool-Out Heat Stroke**

Immediate cool-down procedure is very important if someone seems to be suffering Heat Stroke. Quickly get the person into an ice bath to get temperature down as quickly as possible. Put ice packs all over the body, take a cool shower, use wet towels or spray water. Remember that Heat exhaustion gets better, but heat stroke just gets worse. So take a Heat Stroke victim to the hospital or call an ambulance as soon as possible.

**CAREFUL!** Don't give a Heat Stroke victim water or any other liquids to drink, because it commonly causes nausea and vomiting. Cool the body.

*Ok, you know the facts, now what are you going to do about it?*

### **Know Your Sweat Rate**

Athletes need to know how much they sweat and how much to drink to replace it:

Weigh in before and after practice and competition.

Keep track of how much fluid you drink during workout.

Combine the amount of weight lost with the of fluid consumed to know how much to drink to stay hydrated.

### **Check your Urine**

Yeah, yeah, we know it is gross.

But if your urine is colored dark yellow like apple juice, you probably aren't staying hydrated. It should be clear or light yellow--such as lemonade to know that you are drinking enough fluids.

### **Hydrate, hydrate, hydrate**

- You should always drink before, during and after practice.
- BEFORE gives you a head start.
- DURING gives you the energy to keep going.
- AFTER helps replace the lost fluids and electrolytes.

## Know WHAT to drink

Water is always a good choice, but research has shown that sports drinks such as Gatorade, are best while working out. This is because sports drinks contain electrolytes, flavor to encourage you to drink and carbohydrates to send energy to your muscles. Avoid fruit juice, carbonated drinks, caffeine and energy drinks before or after activity.

## Speak Up!

If you are feeling ill or need to rest, **TELL YOUR COACH!**

Do not let these symptoms go by without saying something about it! Don't worry your coach won't think less of you and your teammates will respect you protecting yourself. It is nothing short of dangerous and stupid to be quiet when you aren't feeling well. So speak up!

## Heat Illness Prevention

There are a lot of factors that can cause heat illness, but here are some simple tips to keep you safe.

1. Acclimation – an athlete needs two weeks to get acclimated to work-out routines. Drink lots of liquids, stay hydrated and take some time to get used to the sport you will be participating in.
2. Proper Rest – Parents and coaches should encourage breaks in shaded areas, practice during cooler times of the day, such as the evening or early morning and practices must be modified based on the conditions of weather and time of year.
3. Dress Code – Wear light-colored and lightweight clothing that does not constrict your body.

## Temperature Awareness

Keep track of the heat index and the risk during activities. The 'heat index' is a measurement of air temperature and humidity.

## *Congratulations!*

You've finished The Hydration Campaign. Now you are ready to take the quiz. After you have answered all the questions, give your results to your coach. Thanks for taking the time to make sure you can beat the heat!

# QUIZ

Circle the correct response:

### 1. When conditioning for sports, the process of Acclimation takes:

- A. 1 Day
- B. 2 Days
- C. 1 Week
- D. 2 Weeks

### 2. Proper hydration is most important:

- A. Before practice or games
- B. During practice or games
- C. After practice or games
- D. They are all equally important

**3. Unless discolored from medications, you know you are pretty well hydrated if your urine color is clear or looks like:**

- A. Apple Juice
- B. Prune Juice
- C. Lemonade
- D. Limeade

**4. Which of the following are signs of dehydration:**

- A. Nausea
- B. Thirst
- C. Weakness
- D. All of the above

**5. One treatment for dehydration is:**

- A. Drink enough liquids
- B. Get used to it
- C. Vomit
- D. Work harder

**6. Which of the following is a sign of heat stroke:**

- A. Confusion
- B. Healthy athlete collapses during intense exercise
- C. High core body temperature
- D. All of the above

**7. What is the most important treatment for a heat stroke victim:**

- A. Resting in a cool place
- B. Re-hydrating before the next practice
- C. Rapid cooling and transport to a medical facility
- D. Eating a snack

**8. Rapid cooling can be done by:**

- A. Ice bath in a "cool place"
- B. Ice packs or cold, wet towels over the body
- C. Taking a cool shower
- D. All of the above

**9. The heat index is a measure of:**

- A. Humidity
- B. Air Temperature and humidity
- C. Air Temperature
- D. Barometric Pressure

**10. In addition to water, the best drink to consume when you are working out is:**

- A. An energy drink
- B. 100% juice
- C. You really should only drink water
- D. A sports drink

## You are on the TEAM!

Proper hydration and heat illness prevention needs the support and involvement of the:

Coach

Parent

& Athlete

---

Proper hydration and heat illness prevention requires a team effort between the coach, parent and athlete. It is essential for the athlete to be prehydrated prior to practice and rehydrate after practice. The information presented is to provide you with the knowledge you need to help the coach keep your child safe at practices and games. Your coach has received additional training in proper hydration and heat illness prevention. After review of the information and completion of the quiz, please acknowledge below.

---

Parent/Guardian Signature

---

Athlete Signature

---

Date

---

Date