

Hydration Tips:

- Proper hydration takes place starting at least 48 to 72 hours before competition.
- It is recommended athletes drink 16 to 24 ounces of water or a sport drink two to three hours before competition.
- Athletes should eat a healthy meal rich in carbohydrates and sodium two to three hours before competition. Avoid high protein foods or supplements.
- Athletes should drink 8 to 12 ounces of water or a sport drink at least 20 minutes before competition.
- Diluted sports drinks during competition are recommended for quicker adsorption of electrolytes.
- Drinks that are caffeinated, carbonated or high in sugar should be limited one hour prior to competition.
- The weight of athletes before and after practices and games should be recorded. It is recommended athletes drink 16 ounces of water or a sports drink for every pound lost.

Heat Related Illnesses Signs and Symptoms

HEAT CRAMPS	<ul style="list-style-type: none"> • Intense muscular pain, typically in the calf, hamstrings or abdomen • Persistent muscle contraction that won't stop
HEAT EXHAUSTION	<ul style="list-style-type: none"> • Loss of coordination • Fainting • Profuse sweating or pale skin • Dizziness, nausea, diarrhea • Vomiting
HEAT STROKE	<ul style="list-style-type: none"> • Dizziness or weakness • Nausea, diarrhea or vomiting • Hot dry skin • Seizures, confusion • Altered consciousness

These are general guidelines and not medical advice. Some of these signs or symptoms may indicate serious problems. When there are any questions or concerns, seek the advice of a health care professional.