



HEALTHSOUTH – HYDRATION TIPS

HYDRATION GUIDELINES

- TRACK WEIGHT LOSS before and after playing or practicing
- FOR EVERY POUND LOST, DRINK 20 fl. oz. to OPTIMIZE REHYDRATION
- DRINK 17-20 fl. oz. WATER TWO HOURS PRIOR to PLAYING
- DRINK 7-10 fl. oz. WATER 10 MINUTES PRIOR to PLAYING OR PRACTICING
- DON'T WAIT till you are THIRSTY to DRINK
- DRINK throughout play to REPLACE SWEAT LOSS
- MONITOR URINE COLOR: Darker yellow indicates the need to increase fluid
- CARBOHYDRATE DRINK recommended (i.e. POWERADE OR GATORADE)
- AVOID: Caffeine, Carbonated Drinks and Fruit Juices

SIGNS of HEAT EXHAUSTION

- THIRST
- IRRITABILITY
- HEADACHES
- DECREASE PERFORMANCE
- CRAMPS
- NAUSEA
- WEAKNESS

TIPS for BEATING the HEAT

- DECREASE PRACTICE INTENSITY and DURATION during HOT times
- WEAR LIGHT-COLORED, LIGHT-WEIGHT POROUS clothing
- PRACTICE in the MORNING and EVENING
- TAKE COOL SHOWERS or swim in an UNHEATED POOL POST practice
- EAT FRUIT with meals (i.e., Watermelon, Cantaloupe, Honeydew) especially the night before play or practice
- Allow sufficient TIME between PLAY AND PRACTICE SESSIONS
- Get a good night's SLEEP
- DO NOT turn your room thermostat to a temperature which is too cool, as this may cause muscle cramps or spasms

PREPARE for HEAT EMERGENCY

- A HEALTHSOUTH REPRESENTATIVE, AJGA STAFF MEMBER OR VOLUNTEER SHOULD BE NOTIFIED IF YOU NEED CARE FOR HEAT RELATED PROBLEMS
- LOCKERROOMS WILL BE DEDICATED AS THE SHADED AREA TO TREAT HEAT PROBLEMS