



HEALTHSOUTH – HYDRATION TIPS

HYDRATION GUIDELINES

- TRACK of WEIGHT LOSS Before and After Playing or Practicing
- EVERY POUND LOSS, DRINK 20 fl. oz. to OPTIMIZE REHYDRATION
- DRINK WATER 17-20 fl. oz. 2 HOURS PRIOR to ROUND
- DRINK WATER 7-10 fl. oz. 10 MINUTES PRIOR to PLAYING GOLF OR PRACTICING
- DON'T WAIT till you are THIRSTY to DRINK
- DRINK throughout Practice to REPLACE SWEAT LOSS
- MONITOR URINE COLOR: Darker Yellow indicates the need to increase fluid intake
- 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
- COOL SHOWERS or Unheated SWIMMING 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 Good Night SLEEP
- DO NOT turn your room thermostat to a temperature which is too cool, this may cause muscle cramps or spasms.

PREPARE for HEAT EMERGENCY

- HEALTHSOUTH REPRESENTATIVE, AJGA STAFF OR VOUNTEERS SHOULD BE NOTIFIED IF YOU NEED CARE FOR HEAT RELATED PROBLEMS
- WE WILL DESIGNATE THE LOCKERROOMS AS THE SHADED AREA TO TREAT HEAT PROBLEMS