

## 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 absorption 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

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

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.