

HYDRATION REGULATIONS

The following guidelines shall be distributed to all coaches, student athletes and parents as part of the normal sign-up process. All coaches shall discuss these guidelines with their student athletes prior to the beginning of the first practice/tryout session. All coaches shall encourage their student athletes to discuss these guidelines with their parents to insure proper pre-practice/tryout and post-practice/tryout hydration. The guidelines are broken down into the following three sections:

- Coaches - Guidelines for practice/tryout session hydration
- Student Athletes - Guidelines for pre-practice/tryout, practice/tryout and post-practice/tryout hydration
- Parents - Guidelines for pre-practice/tryout and post-practice/tryout hydration

COACHES

- During the hot summer months, practice/tryout sessions should be conducted during the cooler part of the day (early morning or early evening).
- Student athletes should be allowed to acclimatize - coaches should start with light, short practices/tryouts with minimal gear and gradually work up to full-gear sessions.
- Coaches should make every effort to limit practice/tryout sessions to two (2) hours or less. Multiple sessions are permitted during the same day if separated by six hours.
- No student athlete in visible distress should be denied rest and/or water. Student athletes should be encouraged to consume 8-12 oz. of cool water every thirty (30) to forty-five (45) minutes during practice/tryout sessions.
- Coaches should not distribute salt tablets - student athletes need to replace fluid loss, not salt - a proper diet will replenish any salt loss.
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STUDENT ATHLETES

- Students athletes should wear light-weight, loose fitting clothing to practice/tryout sessions.
- Student athletes should not wear rubberized clothing or heavy sweat suits during practice/tryout sessions.
- On hot humid days, student athletes should try to consume approximately two glasses of cool water two hours before practice/tryout.

- Student athletes should try to consume 8-12 oz. of cool water every thirty (30) minutes during practice/tryout.
- Student athletes should try to consume cool water as thirst demands during the two-hour period after practice/tryout.
- Student athletes are encouraged to utilize cool water for the replacement of fluids. If electrolyte drinks are utilized, it is suggested that they be diluted with cool water to a greater extent than called for by the respective manufacturer.
- Student athletes who are overweight and/or light-skinned should be more careful as they are more susceptible to heat stress.

PARENTS

- Parents should encourage their children to wear light weight, loose-fitting clothing to practice/tryout sessions.
- Parents should discourage their children from wearing rubberized clothing or heavy sweat suits during practice/tryout sessions.
- Parents should encourage their children to consume approximately two to three glasses of cool water two hours before practice/tryout.
- Parents should encourage their children to consume approximately 34 oz. of cool water during the two hour period after practice/tryout.
- All parties (coaches, student athletes, and parents) should watch for the following problems caused by the lack of proper hydration:

Heat Cramps

Symptoms: Characterized by cramping and severe muscle spasms

Suggestion: Consume liquids and engage in gentle stretching of the muscle

Heat Exhaustion

Symptoms: Characterized by extreme weakness, headache, dizziness or fainting, profuse sweating, cold and clammy skin, a rapid but weak pulse and near normal temperature

Suggestion: Call ambulance for transport to Emergency Room

Heat Stroke

Symptoms: Warm/dry skin, lack of sweating, rapid and full pulse, high rectal temperature, serious disorientation and unconsciousness

Suggestion: CALL AMBULANCE IMMEDIATELY! Cool body by whatever means possible (e.g. hose, ice, water, cold shower).