

## **INTRAMURAL PROGRAMS/INTERSCHOLASTIC ATHLETICS**

### Hydration Policy

The School Committee recognizes the importance of having student athletes maintain proper hydration before, during and after participation in athletics. It also recognizes that if a student athlete suffers a fluid loss of three to five per cent of body weight, then there is a corresponding reduction in blood volume which can cause a serious threat to the student athlete's well-being and that the lack of proper hydration can lead to heat cramps, heat exhaustion and/or heat stroke.

*Agawam Public Schools*