

KEEP THEM HYDRATED, KEEP THEM SAFE 5 TIPS TO HELP ATHLETES STAY HYDRATED

TIP 1 : KEEP HYDRATION TOP OF MIND	 Remind athletes to check their urine color before practice. If it's the color of pale lemonade, that's a sign of being hydrated. Take weather into account and give athletes opportunities to drink during practice. Teach athletes to pay attention to how they feel, including their thirst and energy levels.
TIP 2 : KEEP FLUID LEVELS UP	 Athletes should drink enough fluid to maintain hydration without over-drinking. Flavored, cold, lightly salted sports drinks like Gatorade[®] Thirst Quencher are important, because sodium helps maintain the athletes' desire to drink and retain the fluid consumed.
TIP 3 : KEEP THE BODY COOL	 Remind athletes to drink cool fluids to help maintain their body temperature. If your athletes experience heat illness, help them lower their body temperature by lying in a cool place with their legs elevated, applying cool, wet towels to their body and drinking cool fluids.
TIP 4: KEEP HYDRATED BEFORE, DURING AND AFTER ACTIVITY	 Athletes need to think about their entire athletic schedule when it comes to fueling (not just when they are competing). Encourage them to drink plenty of fluids throughout the day to replace the fluids lost through sweat.
	 Rest and recovery are an essential part of avoiding heat illness.
TIP 5: KEEP A RECOVERY SCHEDULE	 Ensure your athletes have times for breaks during practices. Encourage athletes to get 6-8 hours of sleep each night in a cool environment, if possible.

THE EFFECTS OF DEHYDRATION:

- Decreased performance
- Decreased mental function
- Decreased motor skills
- Decreased fluid absorption
- Decreased tolerance to heat



THE SYMPTOMS OF DEHYDRATION:

- Nausea
- Headache
- Weakness
- Fatigue/Exhaustion
- Light-headedness
- Vomiting
- Fainting
- Poor Concentration/Altered Mental Status
- Loss of Muscle Coordination/Decreased Performance

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