

HYDRATION TIPS FOR TWO-A-DAYS

Dear Westhill Student Athlete:

As you may know we are experiencing one of the hottest and most humid summers on record. Proper hydration and nutrition are the key to preventing heat illness and injury during the hot and humid weather experienced during your preseason workouts. It is important that you not only drink the proper fluids during your workout sessions but also maintain proper hydration throughout the day. The following tips will help provide you with information on maintaining proper hydration to help avoid heat illness/dehydration during your double session practices.

1. Two to three hours before exercise drink at least 17 to 20 oz of water or diluted half and half sports drink (dilute with water due to the sugar content)
2. 10 to 20 minutes before exercise drink another 7 to 10 oz of water
3. Drink early—Even minimal dehydration compromises performance
4. Every 10 to 20 minutes drink at least 7 to 10 oz (7-10 gulps) of water (28 to 40 oz of fluid per hour of play)
5. To maintain hydration, remember to drink beyond thirst. If you become thirsty you are already dehydrated!
6. The carbohydrate concentration in the ideal fluid replacement solution should be in the range of 6% to 8% (14 to 18 g/8 oz), a typical Gatorade or Powerade drink
7. During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than 7% carbohydrate should be used to optimize delivery (dilute a sports drink with a ratio of 1: 1 water to drink)
8. Cool beverages at temperatures of 50° to 59° F are recommended.
9. Drink at least 20 oz per pound of weight loss within two hours of finishing training or competition
10. Stay away from beverages containing caffeine, alcohol and carbonation because they can dehydrate the body by stimulating excess urine production, or decrease voluntary fluid intake

Remember if you experience any signs of dehydration or heat illness please notify your coach or athletic trainer immediately! The following are some common signs of dehydration:

1. Thirst
2. Headache
3. Dizziness
4. Nausea
5. Cramping
6. Weakness

Also, remember to stay cool! Use rest periods and the shade to your advantage. Always bring a change of shirt to practice to change into during break periods. This will allow your sweat to evaporate and cool your body. Sweat evaporation is the most effective way to cool you body during exercise!

If you have any question regarding the information above please contact your athletic trainer.

Have a Safe and Healthy Season,

Tracey L. Collett, MA, ATC
Athletic Trainer
Westhill High School

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.