



CHSAA SMAC Alert

Hydration/Dehydration



DEFINITION OF DEHYDRATION

- A mismatch between water intake and body water loss
- Loss of greater than 2% of body weight
- Most athletes do not voluntarily drink adequate volumes to maintain hydration in practices/games
- Dehydration is impacted by the intensity of exercise, environment and availability of fluids
- Predisposes to heat illness
- Significantly impairs performance
- Knowledge does not always translate into behavior

SYMPTOMS OF DEHYDRATION

- Thirst
- Irritability
- Cramps
- Headache
- Nausea/Vomiting
- Fatigue/Weakness/Dizziness
- Decreased Performance



MANAGEMENT OF DEHYDRATION

- Assess level of distress/symptoms, consider removing from activity depending on the level of symptoms
- Rest the athlete and establish a rehydration plan to replenish lost fluids
- Water or sports drink may both be utilized to rehydrate the athlete

PREVENTION OF DEHYDRATION

- Water is something all young athletes need prior to exercise
- Develop a hydration strategy: drink before, during and after exercise. Hydration plans need to be individualized.
- Daily hydration habits are important for overall hydration status
- Monitor hydration by evaluating urine color
 - A light color like lemonade indicates adequate hydration
 - A darker color like apple juice indicates dehydration
- Fluid volumes needed to maintain hydration vary by size of the athlete, the athlete's sweat rate, and the intensity of exercise

COACH RESPONSIBILITY

- Educate athlete's regarding the importance of hydration for safety and performance
- Allow easy access to fluids and schedule water breaks, especially in the heat
- Monitor hydration status and player status when exercising in the heat

For complete CHSAA
Hydration/Dehydration Protocols
information, go to



AVERAGE FLUID VOLUMES FOR ADOLESCENTS

Time	Fluids Consumed
4 hours before	16 fluid ounces of water (about 1 water bottle)
10-15 minutes before	8 fluid ounces of water
Every 15 minutes when exercising for < 1 hour	4 fluid ounces of water (2-3 large gulps)
Every 15 minutes when exercising vigorously for > 1 hour	4 fluid ounces of sports drink (2-3 large gulps)
Do not drink > 1 quart per hour during exercise	
Young athletes should continue to hydrate 2-3 hours after event	
Consume 20-24 fluid ounces (1 to 1 ½ water bottles) of water or sports drink for every pound lost during exercise	