

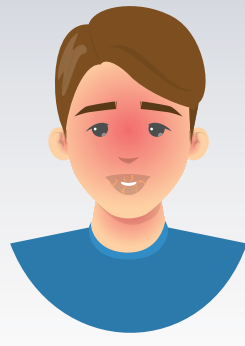


# YOUTH SPORTS HYDRATION GUIDE

## The Process of Fluid Loss and Dehydration in Young Athletes

- ▶ As a young athlete exercises, muscles generate heat and raise core body temperature.
- ▶ In response, the body dissipates excess heat by sweating.
- ▶ Fluid is also lost during respiration.
- ▶ When the fluid is not replaced, it can lead to dehydration.
- ▶ Blood volume circulating throughout the body decreases in a dehydrated state.
- ▶ Decreased circulation affects the amount of oxygenated blood reaching muscles and organs.
- ▶ Without proper oxygenation, muscle fatigue and exhaustion set in, affecting performance and increasing the risk of injury.

## Signs and Symptoms of Dehydration



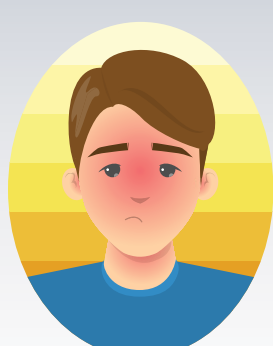
**Dry lips, tongue and mouth**



**Sticky saliva**



**Infrequent or small of amounts of urination**



**Dark yellow urine**



**Nausea**



**Headache or lightheadedness**



**Irritability**



**Fatigue or sudden performance decline**



**Apathy or lack of energy**

## Benefits of Staying Hydrated



- ▶ Optimizes athletic performance
- ▶ Helps to prevent muscle injury and other heat-related injuries
- ▶ Improves recovery after exercise
- ▶ Avoids uncomfortable dehydration symptoms

## Hydration Schedule



### Before sport/activity

**Ages 6-12:**  
**4-8 oz.** of water **1-2 hours** before and **4-8 oz. 10-15 minutes** before

**Ages 12-18:**  
**8-16 oz.** of water **1-2 hours** before and **8-12 oz. 10-15 minutes** before

### During sport/activity

**5-10 oz.** depending on weight **every 20 minutes**

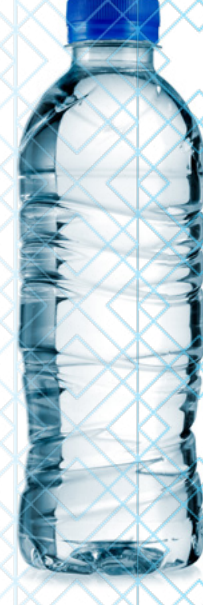
### After sport/activity

**24 oz.** of water **within 2 hours** for every pound of weight lost

## Sports Drink or Water?



- ▶ Drinking anything other than water is typically not warranted. Most youth athletes are not training or competing at such a high level of intensity.
- ▶ If an athlete is engaging in intense exercise lasting longer than an hour, sports drinks can help replace the loss of electrolytes. Replacing these can help maintain fluid balance. Drinks containing carbohydrates may be a helpful source of energy.



## Tips to Help Young Athletes Stay Hydrated



- ▶ Start hydrating early in the day before setting foot on the playing field.
- ▶ Keep plenty of cool water on hand to drink before, during and after activities.
- ▶ Pack a big enough sports bag to carry sufficient drinks and snacks.
- ▶ Encourage light, healthy snacks an hour before activity and afterward.
- ▶ Avoid carbonated drinks during exercise; they may lead to an upset stomach.
- ▶ Understand sports drinks are very different than energy drinks.
- ▶ Don't wait for a child to tell you he or she is thirsty.
- ▶ Establish mandatory water breaks throughout games, practices and training.
- ▶ Modify activities based on individual limitations and weather.
- ▶ Move any child experiencing nausea, lightheadedness or dizziness to a cooler environment.

