

DEHYDRATION AND HEAT EXHAUSTION PREVENTION



REHYDRATE

Drink water without food—sip regularly
With food—drink larger amounts
Start drinking water first thing in the morning



SUPPLEMENT WITH SPORTS DRINKS

Heavy sweating for at least one hour—drink small amount in addition to water.



EAT HYDRATING FOODS

Pineapple, grapefruit, watermelon, blueberries, cantaloupe, pears, tomatoes, lettuce, cucumbers and celery



AVOID CERTAIN DRINKS

Alcohol, energy drinks, soft drinks, tea, coffee and heavy sugar drinks



BE PHYSICALLY FIT



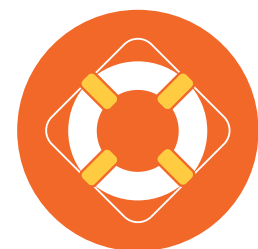
TAKE REGULAR BREAKS

Cool environment—allows sweat to dry
Use cold paper towels on neck
Loosen clothing, remove hats and gloves



MONITOR SELF AND PEER-CHECK OTHERS

Thirst, weakness, dizziness, dark-colored urine, headache, confusion, pale-skin, profuse sweating, rapid heartbeat and nausea



COACH AND INTERVENE

when break is required or hydration is not being met

STAY HYDRATED.