

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

Sparingly sip on healthier-option sports drinks or powders (still drink your water), if needed

CHECK OUT THE GO WITH THE FLOW CHART FOR MORE INFORMATION



EAT HYDRATING FOODS

Pineapple, grapefruit, watermelon, blueberries, cantaloupe, pears, tomatoes, lettuce, cucumbers & 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