



Jacksonville Sports Medicine Program Promotes Hydration Philosophy

“Prevention Hydration,” a philosophy to avoid Heat Injury and Dehydration while participating in sports.

This philosophy emphasizes the following recommendations for coaches:

1. Athletes should be educated on the importance of maintaining proper hydration as well as methods available to monitor hydration status. Research demonstrates this will help maintain optimal performance and reduce the risk of heat related illnesses. The primary goal is protecting the athlete’s health and safety.
2. Athletes are encouraged to consume 17-20 ounces of water or sports drink 2-3 hours prior to activity. An additional 7-10 ounces should be consumed within 10-20 minutes prior to practice. *As a prevention measure, it is suggested that athletes engage in a summer conditioning program to acclimate their bodies along with gradual increases in fluid consumption prior to the official start of practice. This can help avoid unexpected nausea that may occur with increased fluid consumption.*
3. Practice sessions should be guided by a written practice plan developed by the coach. This plan should clearly document 10-minute rest / fluid breaks every 15 – 25 minutes of practice. Athletes should be provided enough time to individually drink 7-10 oz of water during each break. Breaks should be scheduled more frequently as the temperature, humidity, or heat index indicates or increases. Helmet removal is encouraged.
4. Athletes should be provided constant, unrestricted access to cold water or a cold sports drink circulated through the practice session (between scheduled breaks) by a designated staff assistant. Assistant’s should offer and encourage consumption of fluids.
5. An “Oasis” area should be preselected prior to each session. This area should consist of a shaded area, a hydration station (table), several slush buckets containing towels / sponges and at least one large size tub (kiddie pool) filled with cold water for submersion, if needed.
6. The use of daily weight charts should be utilized. Athletes’ should record their body weight (under supervision) before and after each exercise session. Athletes are then designated into “zones” according to the amount of weight lost during the session. *(See Example below)* Consumption of fluids within the first two hours post-exercise is important for rapid tissue absorption. It is recommended that athletes consume 20 oz per pound of weight loss.

Green Zone: Athletes with less than 1% weight loss versus pre-practice weight
Procedure: Encourage fluid consumption prior to next practice session

Yellow Zone: Athletes with 1 – 3% weight loss versus pre-practice weight.
Procedure: Athlete should consume 20 oz of fluid per pound lost and report to the next session within 1% of previous pre-practice weight.

Red Zone: Athletes with greater than 4% weight loss versus pre-practice weight.
Procedure: Should be evaluated for heat related illness and considered significantly dehydrated. They should not be allowed to resume practice or competition until they can re-hydrate to their previous hydration level or within 1% of their pre-practice weight. They should be monitored and considered at-risk upon their subsequent return to play.

7. Athletes should be encouraged to consume water or a sports drink during any meeting or film session to provide a maximum opportunity for pre & rehydration.
8. “Energy” Drinks or beverages containing caffeine, alcohol or carbonation should be discouraged.
9. Urine color charts and other educational material should be posted in the restroom and other common areas.
10. Athletes need to be encouraged to “look out for each other” if signs and symptoms arise during workouts.
11. Athletes returning from illness or injury should be monitored for response to heat and exercise as well as be given a graduated increase in activity. In addition, athletes taking prescription or OTC medications for the treatment of allergies, colds, flu, sinus infections or other medical conditions should be encouraged to consume higher amounts of fluids due to the increased dehydration that may occur.

Game day/night procedures:

The pre-event recommendations from above should be adhered to as well as:

1. Each venue should demonstrate a commitment to the importance of hydration by providing a hydration station (table) at mid-field. This area should be under the supervision of a designated staff member who can monitor athletes’ consumption of fluids as well as readily restock the available supply.
2. The station should be easily identifiable. The station should have a minimum of two ten-gallon coolers, ample supply of disposable cups, ice, drinking water, sports drink powder and a garbage container.
3. For sanitary purposes the use of reusable water bottles should be limited to “time-outs” and individual situations only.
4. A separate station should be made available during half-time

The basic facts:

Exertional Heat Illness is a result of increased body temperatures due to the inability to reduce the heat or a lack of fluid level. **Syncope**, which consists of dizziness or fainting, occurs with hot temperatures; **Heat cramps** are brought on as a result of loss of sodium and water. **Heat exhaustion** occurs when the amount of fluid lost from sweating or respiration is greater than the internal fluid reserves. This results in the overheating of the body. **Heat Stroke** is a MEDICAL EMERGENCY.

Exertional Heat Illnesses		
Description	Some Signs & Symptoms	Treatment
Heat Syncope	Dizziness, Fainting	Remove from activity
	Tunnel vision, Nausea	Move to Shade
	Light headedness	Cool the athlete
		Replenish Fluid
		Allow for rest
Heat Cramps	Muscle Cramping	Remove from activity
		Stretch the muscle
		Cool the muscle
		Replenish Fluid
		Allow for rest
Heat Exhaustion	Sweating	Remove from activity
	Pale Clammy skin	Move to Shade
	Nausea, vomiting	Cool the athlete
	Increased pulse	Replenish Fluid
	Increased respiration	Allow for rest
	Weak, fatigue, dizzy	
Heat Stroke	Hot, red or pale skin	CALL 911
	Increased pulse	Cool Athlete IMMEDIATLEY
	High Body Temp	Place in cool pool, cold towels, ice packs
	Altered Mental Status	Replenish fluid if conscious
	Possible Unconsciousness	
	Possible Seizures	

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