

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
- Dehydration is impacted by the intensity of exercise, environment, and availability of fluids
- Makes it easier to get heat illness
- Significantly impairs performance
- Knowledge does not always translate into behavior

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

Coach Responsibility

- Educate athletes on 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



Symptoms of Dehydration

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



Prevention of Dehydration

- Water is 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 and 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

BEFORE	
4 hours before	Drink 16 oz. (1 water bottle)
15 min. before	Drink 8 oz.
DURING	
Every 15 min.	Drink 4 oz. (2-3 large gulps) Consider adding sports drink after >60 min. Do not drink >32 oz. per hour
AFTER	
Within 2 hours	Drink 20-24 oz./pound of weight loss (1 to 1.5 water bottles)

For complete CHSAA Hydration/Dehydration information, go to <http://www2.chsaa.org/sports/medicine/SportsMedicineHandbook.pdf>