

Dehydration

For Coaches

Dehydration is a loss of a large amount of water from the body, usually by sweating. Youth athletes are at risk for dehydration during sports, especially if they are playing in hot environments, and not drinking enough fluids. Dehydration can contribute to other more serious heat-related illnesses. There are things you may notice, or things the athlete might tell you, that could indicate they are dehydrated.

What you may notice	What the athlete may report
<ul style="list-style-type: none"> • Being irritable or cranky • Appears disinterested or distracted • Confused about a play • Forgets instructions or plays • Poor performance • Moves clumsily or slowly • Vomiting 	<ul style="list-style-type: none"> • Very thirsty • Dry mouth • Headache • Dizziness • Upset stomach or vomiting • Cramping of leg muscles • Very tired • Feeling drowsy, sluggish, or foggy

PREVENTION:

- Water is the best choice for most activities. Sports drinks are beneficial for longer activities or after activities. Caffeinated or carbonated beverages, including energy drinks, should be avoided
- Athletes should drink fluids throughout the day, especially prior to activities. An additional 10-20oz of water or a sports drink 60-90 minutes prior to activity is recommended
- Make water available during all activities. Schedule 5-10 minute rest and fluid breaks at least every 15-20 minutes in hot weather. Athletes should drink as much as they want. Never deny, discourage, or restrict access to water.
- If you think an athlete may be dehydration, remove that athlete from participation, move them to a shaded or air-conditioned area, and provide with fluids

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