



Hydration FAQ's for Youth & High School Sports

What's the science behind sweat?

- During exercise, muscles create heat that raises body temperature, so the body produces sweat to cool itself.
- The fluid lost through sweat includes water and important electrolytes like sodium and potassium, which must be replaced to avoid disturbing the body's chemical balance and causing overheating.



Why is hydration so important?

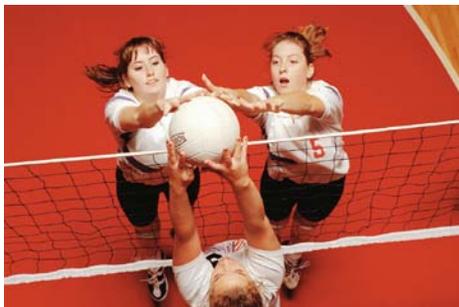
- Hydration for active children, youth and young teens is critical because they expend more energy doing the same activity as older teens and adults, and produce almost twice as much heat!
- All youth and high school athletes must drink cool fluids before, during, and after exercise to prevent dehydration that can lead to heat-related illnesses.

What is dehydration and why is it so dangerous?

- Dehydration means your body does not have as much water and fluids as it should. This can be caused by losing too much fluid (e.g. sweating), not drinking enough water or fluids, or both.
- Early signs of dehydration include dry mouth, fatigue, and headache, and confusion, lack of coordination, nausea, weakness, and faintness.
- Heat-related illnesses are serious and can result in emergency hospitalization or even death.

What should children, youth and high school athletes be drinking before, during and after strenuous activity?

- Cool water is best before activity and a sport drink with electrolytes is great during and after activity to replace those lost in sweat.
- Avoid caffeinated, energy, carbonated, and sugary drinks – they may dehydrate you even further.



How much fluid should youth and high school athletes drink?

- Active children and young athletes don't usually drink enough to replace water losses. Most are already dehydrated before feeling thirsty.
- Active children and adolescents ages 6-12 need:
 - 4-8 ounces of fluids 1 to 2 hours before activity
 - 5-9 ounces of fluids for every 20 minutes of activity
 - After activity, replace lost fluids within 2 hours
- Fluid intake guidelines for teens ages 13-18 are:
 - 8-16 ounces 1 to 2 hours before activity
 - 8-12 ounces 10 - 15 minutes before activity
 - 5-10 ounces for every 20 minutes of activity
 - After activity, replace lost fluids within 2 hours
- An easy way to gauge fluid intake is by counting "gulps." One gulp is about one ounce, so 5-10 "gulps" at regular intervals during activity works.

What should Parents and Coaches know and do?

- Know hydration is important for performance and safety in all activities, all sports and in all seasons.
- Make a hydration plan with your child and set a schedule for them to replace fluids regularly.
- Supervise fluid intake of active children, youth and high school athletes. Be on the lookout for early signs of dehydration and take action to avoid more serious consequences.
- Know just 2% dehydration can have a negative effect on health, endurance and performance.
- Be prepared, learn to recognize the warning signs of dehydration and, **in case of an emergency, don't hesitate to call 9-1-1 immediately.**