



## Hydrated & Healthy Fact Sheet

- Hydration for active children and young teens is especially important because they tend to use up more energy doing the same activity as older adolescents and adults, while producing up to twice as much heat!
- During exercise, muscles generate heat that raises our body temperature, so the body produces sweat that cools its systems.
- The fluid lost through sweat includes water and important electrolytes such as sodium and potassium, which must be replaced to avoid disturbing the body's balance and causing overheating.
- A significant number of student athletes are hospitalized each year due to heat related illnesses, and many have even died from dehydration.
- Young athletes must drink cool fluids before, during, and after exercise to prevent dehydration that can lead to heat related illnesses.
- Recognize the signs of dehydration: dry mouth, fatigue, headache, confusion, lack of coordination, nausea, weakness, and faintness.
- Active children and young athletes don't instinctively drink fluid to replace water losses and most are already dehydrated before sensing thirst.
- Parents and Coaches should make a hydration plan, set a schedule, and supervise their active children and young athletes.
- Recommendations for children ages 6 to 12 include:
  - 4-8 ounces 1 to 2 hours before activity
  - 5-9 ounces every 20 minutes of activity
  - After activity, replace lost fluids within 2 hours
- Recommendations for young athletes ages 13 to 18 include:
  - 8-16 ounces 1 to 2 hours before activity
  - 8-12 ounces 10-15 minutes before activity
  - 5-10 ounces every 20 minutes of activity
  - After activity, replace lost fluids within 2 hours
- You can gauge the amount of the fluid consumed by "gulps". One gulp is about one ounce.
- Cool water is great for before activity and a sport drink with electrolytes is great during and after activity to replace those lost in sweat.
- Avoid caffeinated, carbonated, and sugary drinks.
- Proper hydration is important for all activity, all sports and in all seasons. As little as 2% dehydration can have a negative effect on endurance.
- Be prepared, know the warning signs, and don't hesitate to call 9-1-1.
- For more information, please visit <http://hydration.ocde.us>.