



SAFETY NOTICE

The Importance of Hydration for Young Athletes While Playing in High Altitudes

WATER, next to oxygen, is the most important substance that our body needs!

ALTITUDE: High elevation affects an athlete in two ways when it comes to hydration:

- 1.) Loss of water due to dryer air:
- 2.) Loss of water through rapid breathing (and increased heart rate)

SO HOW MUCH WATER DOES MY ATHLETER NEED?

Try to drink at least 8 ounces of water 8 times before, during and after your games.

REMEMBER THERE WILL BE MEDICAL SUPPORT AVAILABLE SHOULD YOU NEED ANY ASSISTANCE

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