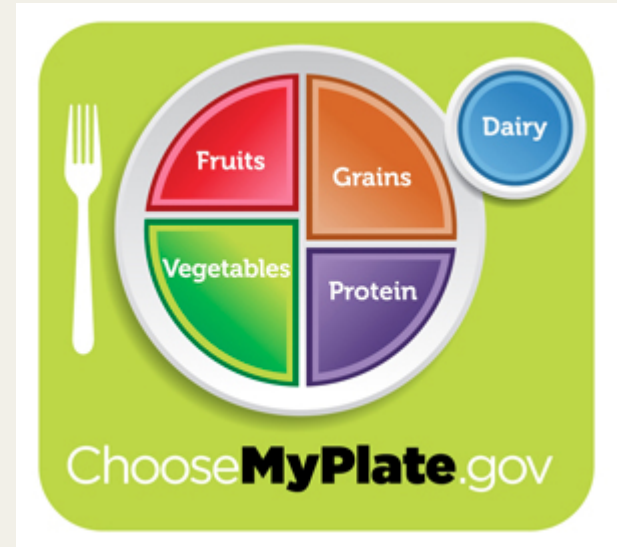


Nutrition and Hydration

Proper Nutrition

- Key nutrition hints to stress to your athletes
 - Avoid oversized portions
 - Fill half of plate with fruits and vegetables
 - Choose foods with lower sodium
 - Drink plenty of water
 - Goal is to drink up to 3 total liters a day
 - Drink eight, 8-ounce glasses of water per day



Nutrition and Hydration

Pre and Post-Competition Meals:

- Pre-Competition Meals
 - Goal: Provide energy for competition
 - Should be eaten 3 hours before competition
 - Should be a well balanced meal with slight emphasis on carbohydrates
 - Avoid greasy and fatty foods

Provide beverages that are low-fat and non-carbonated
- Post-Competition Meals
 - Goal: Restore energy that was depleted during activity
 - Immediately after, replenish with beverages and food with high carbohydrate load
 - Sports drink, fruit juices, protein bar, bagels
 - Eat well balanced meal with emphasis on carbohydrates within 2 hours

Nutrition and Hydration

Proper Hydration:

- Inadequate hydration can have significant effects on athlete's performance
- Increased risk of heat illness in dehydrated athletes
- During competition, sports drinks may be more beneficial by supplying necessary carbohydrates and electrolytes to improve performance
- General hydration rules:
 - Before activity: 4-8 oz water about 15-30 minutes prior
 - During activity: 4 oz of fluids (sports drink or water) every 15 minutes
- Use urine color to determine hydration status

1	You are over-hydrated.
2	You are hydrated. You are ready for your match and/or practice.
3	You are hydrated.
4	You may be dehydrated
5	You are <u>dehydrated</u> . Your performance will decrease and you are at risk for heat illness.
6	You are <u>dehydrated</u> . Your performance will decrease and you are at risk for heat illness.
7	You are <u>very dehydrated</u> . Your performance has decreased. You need to drink more immediately!
8	Speak to a Health Care Provider immediately!

Heat Illnesses

- **Prevention is key**
 - Recognize predisposing factors:
 - Weather (high temperatures and humidity)
 - Or moderated temp/humidity but intense exercise or heavy padding
 - Athlete's weight/fitness level
 - Hydration status (be aware of progressive dehydration)
 - Heat acclimatization/tolerance
 - No helmet/padding → helmets only → helmets/shoulder pads → full padding
 - Prevention tools:
 - Be aware of weather - try to practice earlier in morning or later at night
 - Encourage athletes to wear light, thin clothing
 - Give adequate water breaks throughout practice
- Modify practice attire/equipment on hot, humid days

NOAA's National Weather Service

Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution

Extreme Caution

Danger

Extreme Danger

Heat Illnesses

- **Heat Cramps** → painful, involuntary muscle contractions/spasms likely caused by dehydration and/or electrolyte imbalances
 - **TX:** rest, stretch and massage muscle belly, replace fluids
- **Heat Syncope** → orthostatic dizziness or fainting
 - **TX:** move to shaded area, monitor vitals, raise feet above heart and replace fluids, refer to PCP to r/o other conditions
- **Heat Exhaustion** → inability to continue exercising due to heavy sweating, dehydration, electrolyte imbalances or fatigue
 - **TX:** fluid replacement, rest in cool area, cool with fans or ice bags, elevate legs above heart, activate EAP if condition deteriorates
- **Heat Stroke** → **medical emergency** characterized by elevated body temperature (>104°F) and central nervous system dysfunction
 - **TX:** activate EAP, immediately cool athlete (cold water immersion, pack body with ice bags)