



**Joe DiMaggio
Children's Hospital**
[U18] Sports Medicine



Keys to the Game

Hydration Tips

- Proper hydration should start at least 48 to 72 hours before competition.
- Athletes should drink 16 to 24 ounces of water or an electrolyte sports drink two to three hours before competition.
- Athletes should eat a healthy meal that is rich in carbohydrates and sodium two to three hours before competition. Avoid eating high-protein foods or taking supplements.
- Athletes should drink 8 to 12 ounces of water or a sports (electrolyte) drink at least 20 minutes before competition.
- During competition, athletes should drink diluted sports drinks for quicker absorption of electrolytes.
- Drinks that are caffeinated, carbonated, or high in sugar should be stopped at least one hour prior to competition.
- Record athletes' weight before and after practices and games. It's recommended that athletes drink 16 ounces of water or an electrolyte sports drink for every pound lost.

Heat-Related Illnesses Signs and Symptoms

Heat Cramps

- Intense muscular pain, typically in the calf, hamstrings or abdomen
- Persistent muscle contraction that won't stop

Heat Exhaustion

- Dizziness, nausea, diarrhea
- Fainting
- Loss of coordination
- Profuse sweating or pale skin
- Vomiting

Heat Stroke

- Altered consciousness
- Dizziness or weakness
- Hot dry skin
- Nausea, diarrhea or vomiting
- Seizures, confusion

These are general guidelines and should not be considered medical advice. Some of these signs or symptoms may indicate serious health problems. For any questions or concerns, consult a health care professional for advice.