

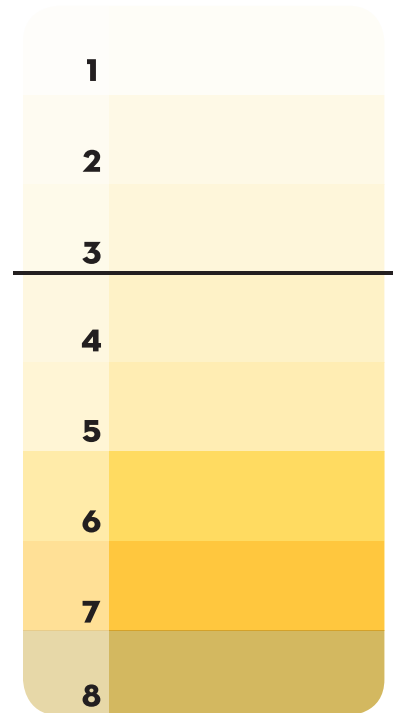
HYDRATION

Before Activity: Everyone should be well hydrated before every activity session. A good way to ensure hydration is to teach individuals to measure their hydration based upon urine coloration. On the chart to the right, urine color should remain at 3 or lighter. If darker, you are at an increased risk for dehydration and heat illness.

Recommendations: To ensure proper hydration, it is recommended that individuals drink:

- 17-20 fl oz of water 2-3 hours before activity
- 7-10 fl oz 10-20 minutes before activity
- 7-10 fl oz every 10-20 minutes of activity
- More water may be needed to accommodate for heat
- Access to water should be unrestricted
- As a visual, each adult gulp is around 1 fluid ounce

After Activity: Ideally, within the 2 hours after activity, the individual should return to full hydration and proper urine coloring. It has also been shown to be beneficial to use a carbohydrate and electrolyte drink in addition to water, to help improve recovery after activity (Sports Drinks).



DEHYDRATION

What happens: Some liquid loss occurs with all exercise, and when the fluids are not replaced, it results in dehydration. Even just 2% loss of body weight can result in a significant decrease in regulation of heat, resulting in an increased likelihood of heat illness.

Symptoms: Thirst, dry mouth, headache, dizziness, irritability, lethargy, excessive fatigue, and possible cramps.

What to do: Replace fluids and move to a cooler environment to ensure rehydration. Do not return to full activity until you are symptom free, returned to normal body weight, and hydrated.

Best thing to do: Prevention! Prevent dehydration issues by maintaining good hydration!