



You are on the TEAM!

Proper hydration and heat illness prevention needs the support and involvement of the *Coach, Parent & Athlete*

Proper hydration and heat illness prevention requires a team effort between the coach, parent and athlete. It is essential for the athlete to be prehydrated prior to practice and rehydrate after practice. The information presented is to provide you with the knowledge you need to help the coach keep your child safe at practices and games. Your coach has received additional training in proper hydration and heat illness prevention.

_____ I have watched the Cool Down First DVD

_____ I have received a Heat Illness reference card

Parent/Guardian Signature

Athlete Signature

Date

Date

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