View:
Cool Down First Video
Mission:

Promote Proper Hydration and Prevent Heat Illness
Kendrick Fincher
Died from heat stroke, August 1995
Values:

Children should have adequate access to water throughout the school day to maintain proper hydration
Athletes should have frequent water/sports drink breaks

Athletes should be able to get a drink at any time during practices
Coaches should be trained in heat illness prevention and emergency procedures

Parents should understand their child’s hydration needs and encourage proper hydration
Heat Illness prevention requires a team effort:

Prehydrate (parent/athlete)
Hydrate (coach)
Rehydrate (parent/athlete)
75% of the body is water

Thirst = 1% dehydration

AND

10-20% reduction in performance mentally and physically
How much to drink

Weight divided by two = liquid ounces for you

More for sweat loss!
What to drink:

• Water
• Healthy Drink Choices
• Sports Drink
• Healthy Food Choices
Water Foundations are not the best source for hydration!

When you get a break, take a drink!
**Apparent temperature**

is how hot the heat-humidity combination makes it feel.
Prevention:

• Hydrate before, during and after physical activity
• Acclimation (two weeks)
• Know your sweat rate
• Check your urine
• Know emergency procedures
Dehydration warning signs:

• Thirst
• Muscle Cramps
• Weakness
• Decreased Performance
• Nausea
• Headache
• Fatigue
• Lightheaded or dizzy
• Difficulty paying attention
Heat Exhaustion Warning Signs:

• Dizziness
• Fatigue
• Chills
• Rapid Pulse

• ACTION:
  • Rest in a cool place
  • Drink sports drink
  • Allow lots of time to rehydrate
Heat Stroke

• High Body Temp
• Confusion/unconsciousness
• Healthy athlete collapses in heat

• ACTION:
  • Medical Emergency – Call 911
  • Rapid Cooling
    • Ice bath, ice packs, cool shower, wet towels
    • After cooled, transport to medical facility
Signature Form 😊
Proper hydration and heat illness prevention requires a TEAM effort:
Coach – Parent - Athlete