

KENDRICK FINCHER  
*Hydration for Life*



---

KENDRICK FINCHER  
*Hydration for Life*



# View: Cool Down First Video



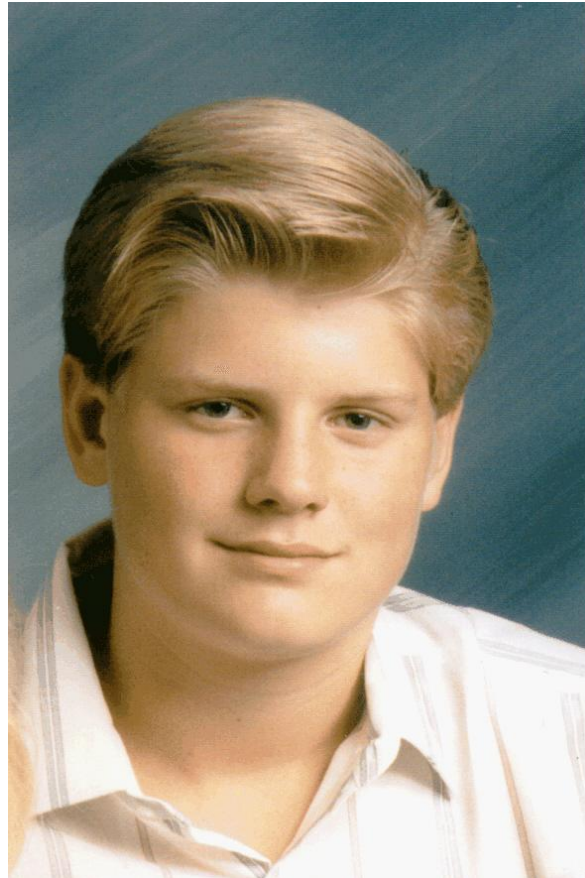
# Mission:

# 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





When you get a break, take a drink!



Water Foundations are not the best source for hydration!



KENDRICK FINCHER  
*Hydration for Life*



Extreme danger
  Danger
  Extreme caution
  Caution

### RELATIVE HUMIDITY (PERCENT)

		RELATIVE HUMIDITY (PERCENT)																						
		0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100		
AIR TEMPERATURE (DEGREES FAHRENHEIT)	140	125																						
	135	120	128																					
	130	117	122	131																				
	125	111	116	123	131	141																		
	120	107	111	116	123	130	139	143																
	115	103	107	111	115	120	127	135	143	151														
	110	99	102	105	108	112	117	123	130	137	143	150												
	105	95	97	100	102	105	109	113	118	123	129	135	142	149										
	100	91	93	95	97	99	101	104	107	110	115	120	126	132	138	144								
	95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136						
	90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122				
	85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108		
	80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91		
75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80			
70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	71	71	71	71	71	71	72		

**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



KENDRICK FINCHER  
*Hydration for Life*



---

KENDRICK FINCHER  
*Hydration for Life*

