

# Heat-related Illness: Tips for Young Athletes



## Hydration tips for young athletes

Thirst is a poor indicator of hydration status. When children and adolescents begin to feel thirsty, they may already be 1 percent to 2 percent dehydrated.

- Prehydrate 30 minutes before activity. Children and adolescents should drink until they are no longer thirsty plus another 8 ounces.
- Hydrate during activity:
  - Drink 5 ounces every 20 minutes of activity for children and adolescents weighing less than 90 pounds.
  - Drink 8 ounces every 20 minutes of activity for children and adolescents weighing more than 90 pounds.
  - Encourage children and adolescents to drink water during activity instead of pouring it on their heads or faces.

Water is best if the activity lasts less than one hour. For activities lasting more than an hour, a fluid with carbohydrates (sugar) and electrolytes is best. Gatorade and Powerade were designed specifically for rehydration during exercise and contain the right amount of carbohydrates (about 6 percent to 8 percent).

Children younger than age 10 may dilute a sports drink—one part sports drink to one part water—for a better taste. Drinks, such as fruit juice and soda, contain too much sugar and can cause cramping. Avoid carbonated and caffeinated beverages because the carbonation can cause bloating and the caffeine can speed up metabolism, generating more heat.

## Tips for exercising in the heat

- Schedule workouts during the cooler times of the day.
- Allow children and adolescents who are overweight, out of shape or unacclimated time to adjust to the heat.
- Schedule water and rest breaks every 30 minutes during activities. During these breaks, do not just encourage, but require children and adolescents to drink. This also gives the coach or trainer a chance to monitor the athletes.
- Have shade, ice and a kiddie pool available for emergency treatment and rapid cooling.
- Have a cell phone (with a charged battery) available at all workouts for emergency contact.
- Wear sunscreen with a sun protection factor (SPF) of at least 15. Apply it 30 minutes before going out in the sun and every 20 to 30 minutes if sweating or swimming.
- Wear hats with brims and light-colored, breathable clothing.
- Youth sports rules can be modified to increase the safety of athletes. For example, soccer games can be divided into quarters rather than halves to allow for more rest breaks, hydration and monitoring. Referees can call an official time out for hydration periodically during the game.

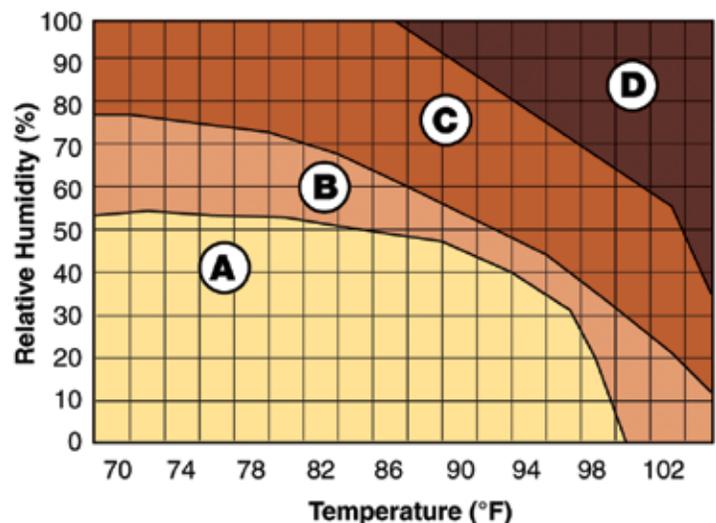
## Be aware of the heat index

Humidity plays a major role in athletes' heat response. Know the heat index, which is a measure of the environmental temperature and humidity. This can be measured at the field or obtained from your local weather service or the Internet. When the temperature is 90°F and the humidity is 80 percent, the heat index is 115°F, which places athletes at risk of suffering a heat-related injury.

## ACTIVITY GUIDELINES (see chart below)

Add 5°F to the temperature between 10 a.m. and 4 p.m. from mid-May to mid-September during sunny days.

- A.** Children and adolescents should receive a five- to 10-minute rest and fluid break every 25 to 30 minutes of activity.
- B.** Children and adolescents should receive a five- to 10-minute rest and fluid break every 20 to 25 minutes of activity. Children should be in shorts and T-shirts (with helmet and shoulder pads only, not full equipment, if worn for activity).
- C.** Children and adolescents should receive a five- to 10-minute rest and fluid break every 15 to 20 minutes of activity. Children should be in shorts and T-shirts only (with all protective equipment removed, if worn for activity).
- D.** Cancel or postpone all outdoor practices and games. Practice may be held in an air-conditioned space.



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