

Dehydration...



What to look for

Kids become dehydrated very easily: dehydration can begin when an athlete loses as little as 1 percent of body weight. In a 70-pound child, that is less than 1 pound of weight lost through sweat. This about half a liter of body water lost. It is not uncommon for some athletes to lose as much as 5 to 8 pounds through sweat during a game or practice.

Signs and Symptoms

- Thirstiness
- Headache
- Dizziness
- Tired or feeling weak
- Urine is bright yellow in color (urine should be almost clear)
- Apathy or lack of energy
- Grumpiness
- Trouble concentrating
- Nausea
- Dry lips and tongue
- Sunken eyes
- Bright colored or dark urine, or urine with a strong odor
- Infrequent urination
- Small volume of urine



BEFORE SPORTS:

Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration.

- 1 to 2 hours before sports: 4 to 8 ounces of cold water
- 10 to 15 minutes before sports: 4 to 8 ounces of cold water

DURING SPORTS:

- **Every** 20 minutes: 5 to 9 ounces of a sports drink, depending on weight (5 for a child weighing 88 pounds, 9 ounces for a child weighing 132 pounds)

AFTER SPORTS:

- Post-exercise hydration should aim to correct any fluid lost during the practice.

Within two hours: at least 24 ounces of a sports drink for every pound of weight lost



If child appears to be dehydrated they need to STOP playing immediately and rest while rehydrating in a cool shady area. If symptoms continue seek medical treatment.



