

## **Best Practices: Staying Hydrated**

*Submitted by:*

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Parents and coaches should ensure athletes stay hydrated for practice or competition.

### **1. Hydrate Before Activity:**

- Encourage children to drink 17-20 ounces of water or prepared sports drink (Gatorade 7) 2-3 hours before a practice or game.
- Approximately 10-20 minutes before the event have children drink a small glass (7-10 oz.) of water or sports drink.

### **2. Establish a Routine for Water Breaks:** By the time children become thirsty, they are already dehydrated.

- Plan water breaks every 10-20 minutes during practice sessions.
- Require children to drink even if they are not thirsty.
- Fruit juices, sodas, and some sport drinks have carbohydrate concentrations higher than 8% and are not recommended during activity.
- Drinking carbonated sodas and beverages with caffeine (Mountain Dew, Pepsi, etc.) are strongly discouraged.

### **3. Hydrate After Activity:**

- Within two hours after a practice or game, encourage children to replace fluid lost during activity.

If parents follow these basic guidelines, your child will tend to stay hydrated and have a chance to perform up to his/her ability.