

5-6-7-8

Don't let them Dehydrate!

The time for cheer practices and summer camps is here. These athletes work hard and sweat! Coaches need to include time for water breaks in their practice schedules. Seek coaching education to help develop a good plan for the health of the team.

Here are a few tips to help prevent dehydration.

- 1) Encourage athletes to drink water before coming to practice.
- 2) Ask each athlete to bring a water bottle to practice.
- 3) Keep the water bottles nearby so athletes can take drink breaks about every 15-20 minutes.
- 4) Encourage water and avoid carbonated drinks so they do not feel bloated.
- 5) Develop a method to help remember drink breaks.
- 6) After practice, encourage the athletes to rehydrate. (Popsicles may be a nice treat after practice.)

Coaches need to be on the lookout for signs of dehydration and seek the help of a medical professional if there are any concerns for an athlete. Listed below are a few common symptoms.

- 1) dizziness
- 2) lightheadedness
- 3) headache
- 4) cramping
- 5) increased fatigue
- 6) loss of coordination
- 7) dark urine

Have fun with your team, and remember, safety first!