

# 5 TIPS TO HELP ATHLETES STAY SAFE IN INTENSE HEAT



## 1. ALLOW FOR ACCLIMATION

It takes about **10-14 days for an athlete's body to adapt to the heat**, so if possible acclimation should start about two weeks before team practices begin.

## 2. ADOPT A HYDRATION STRATEGY

Maintaining hydration (within ~2% body weight change) helps reduce an athlete's risk of heat illness and can help the athlete maintain a high level of performance. Proactive steps athletes can take to stay hydrated include:

- **Check urine color before practice. If it's like pale lemonade, that's a sign of good hydration.**
- **Weigh in and out before and after activity.**
- **Drink enough fluid to minimize weight loss during practice – for each pound that is lost, add an additional 16 oz. of fluid during the next practice.**
- **After practice, consume 20-24 oz. for each pound lost to rehydrate for the next training session.**

## ARE YOU HYDRATED?



NO

YES

## 3. DRINK UP

Athletes should drink enough fluid to **maintain hydration without over-drinking**. Flavored, cold, lightly salted sports drinks like Gatorade Thirst Quencher are important because sodium helps maintain the physiological desire to drink and helps retain the fluid consumed.

## 4. FIND TIME FOR RECOVERY

Rest and recovery are an essential part of avoiding heat illness. Athletes should work in times for breaks when active throughout the day, attempt to get **six to eight hours of sleep a night** and sleep in a cool environment, if possible.

## 5. MAINTAIN A HEALTHY DIET

Athletes need to think about **fueling before, during and after physical activity**. They should be fully hydrated with fluids and fueled with foods that contain electrolytes to maintain fluid levels. Fluids lost through sweat and breathing should be replaced by fluid consumption.



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