

Heat Illness Warning

Heat illnesses vary in severity from mild (cramping) to severe (heat stroke & even death). It is imperative that you observe the following guidelines to assist in recovery from a heat illness.

1. Continue to hydrate yourself with water and/or Gatorade:
 - Drink 24 oz (1 water bottle) of cold fluids for every pound that you have lost
 - **DO NOT** DRINK caffeinated beverages (e.g. coffee, tea, iced tea, Coke/Pepsi, mountain dew, etc.), “energy drinks” (e.g. Red Bull, Jolt, etc.) and alcoholic beverages ~> they cause you to produce more urine, so you end up losing even more fluids!
 - Stay away from carbonated beverages & sugary drinks (e.g. fruit juices/ punch, etc.)
 - Drink enough to satisfy your thirst ~> eat a good meal (drink while eating) ~> continue to drink after the meal
 - Stay out of the sun, move into the shade or if possible a cool low-humidity or air-conditioned environment.

2. Eat a good, nutritious diet:
 - Low-fat, high carbohydrate, moderate protein foods
 - Fruits & vegetables
 - Stay away from fast foods
 - Lightly salt foods to taste and/or eat foods high in sodium (e.g. ham & cheese, pizza, tomato sauce, soup, tomato juice/V8, pretzels, pickles, etc.)

3. Avoid taking any supplements, stimulants, and/or other medications unless prescribed for you by a Geisinger Sports Medicine Team Physician.

4. Monitor your urine color & output (urine color should be pale yellow to clear if you are properly hydrated)

5. **IMMEDIATELY** call your athletic trainer if any of the following occur:
 - Cramping, muscle spasms, convulsions
 - Nausea and/or vomiting
 - Elevated body temperature (>104*)
 - Severe headache, dizziness, confusion, and/or lethargy
 - Staggering body control, decreasing level of consciousness, intense thirst

Please do not hesitate to contact a member of the Geisinger Sports Medicine department should you have any problems and/or any questions.

Proper Hydration

Step 1: Before

- 2-3 hours prior ... drink 17-20 oz.
- 10-20 minutes before activity... drink 7-10 oz.
- Research shows most high school age athletes begin practice in a state of dehydration

Step 2: During

- 28-40 oz per hour: equals approximately 7-10 oz. every 15 minutes
- Give frequent water breaks
- NEVER deny water

Step 3: After Activity

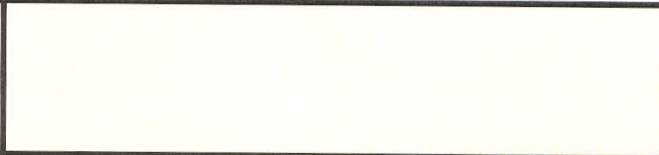








- Athletes should drink 20 oz. per pound lost within 2 hours of activity

Prevention of Heat Illnesses Includes all of the following:

- Common sense
- Caution
- Proper Hydration Methods
- Acclimatization to the heat

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
		
4		If your urine color is below the RED line, you are
5		<u>DEHYDRATED</u> and at risk for cramping and/or a heat illness!!
6		<u>YOU NEED TO DRINK MORE WATER!</u>
7		
8		

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Daily Water Requirements

The following table is established utilizing National Strength and Conditioning Association (www.nscs-lift.org) recommendations in addition to current research. It is recognized that most Americans walk around in a dehydrated state. Intercollegiate athletes are no different and are also dehydrated most of the day. Performance can be directly affected by an athlete's hydration level. Prior to exercise it is essential to enter into competition hydrated. During athletic participation a person can lose up to several pounds in water and electrolytes. This must be replaced during and after exercise or dehydration and/or heat illness will occur.

Refer to the below table for water needs **outside** of baseball. Any water consumed immediately before, during and immediately after a practice/lifting session does not factor into this amount. Fluids other than water that are clear in color, natural, and have low or no sugar content may also count.* In order to achieve drinking your amount in water it is necessary to have a water bottle with you at all times. (ie. studying, library, classes, hanging out, video games, errands, resting)

YOUR Weight (lbs.)	Ounces of water needed per day	# of Gallons
60	45.6	0.36
65	79.4	0.62
70	53.2	0.42
75	57	0.45
80	60.8	0.48
95	72.2	0.56
100	76	0.59
105	79.8	0.62
110	83.6	0.65
115	87.4	0.68
120	91.2	0.71
125	95	0.74
130	98.8	0.77
135	102.6	0.8
140	106.4	0.83
145	110.2	0.86
150	114	0.89
155	117.8	0.92
160	121.6	0.95
165	125.4	0.98
170	129.2	1.01

YOUR Weight (lbs.)	Ounces of water needed per day	# of Gallons
175	133	1.04
180	136.8	1.07
185	140.6	1.1
190	144.4	1.13
195	148.2	1.16
200	152	1.19
205	155.8	1.22
210	159.6	1.25
215	163.4	1.28
220	167.2	1.31
225	171	1.34
230	174.8	1.37
235	178.6	1.4
240	182.4	1.43
245	186.2	1.45
250	190	1.48
255	193.8	1.51
260	197.6	1.54
265	201.4	1.57
270	205.2	1.6
275	209	1.63

*Avoid caffeine, teas, sugars, high fructose corn syrup, sodas, and artificial flavors.