

# Heat Illness/Fluid Replacement

The Athletic Staff at **Shepton High School** stresses the importance of proper hydration to all athletes. Proper hydration will allow student-athletes to compete at a higher level for a longer period of time than those that do not hydrate properly. By being properly hydrated we hope to avoid any heat illnesses that may occur throughout practices and competitions. Hydration should be a habit. It should be done everyday and not just on game days.

*What are heat illnesses?*

There are various forms of heat illness. They range from heat rash and heat cramps through heat stroke. One of the best ways to help prevent any heat illness is through proper hydration.

- National Athletic Trainers Association position statement regarding [exertional heat illness](http://www.nata.org). <http://www.nata.org>
- National Athletic Trainers Association official statement regarding [youth football and heat related illnesses](http://www.nata.org). <http://www.nata.org>
- National Athletic Trainers Association [activity health tip regarding heat illness](http://www.nata.org). <http://www.nata.org>
- UIL Statement regarding [heat stress and athletic participation](http://www.uil.utexas.edu/athletics/health/index.html#add_info). [http://www.uil.utexas.edu/athletics/health/index.html#add\\_info](http://www.uil.utexas.edu/athletics/health/index.html#add_info)

*What are the best fluids for my son/daughter to drink to maintain proper hydration?*

We believe that a balance of water and sport drinks as Gatorade or Powerade will enable your son/daughter to stay properly hydrated. They should drink all the time and not just when they feel thirsty. Once they feel thirsty, they are already dehydrated. Try to **avoid** drinks containing caffeine, **especially the energy drinks** that have excessive amounts of caffeine such as Red Bull. The energy drinks not only dehydrate the student-athlete, but also could adversely affect their heart.

- National Athletic Trainers Association position statement regarding [fluid replacement for athletes](http://www.nata.org). <http://www.nata.org>
- Good hydration and nutritional tips can be found at the [Gatorade Sports Science Institute](http://www.gatoradesports.com).
- UIL Statement regarding their [recommendations for hydration](http://www.uil.utexas.edu/athletics/health/index.html#add_info).

It is also possible to suffer from cold weather illnesses from participating in athletics during cold weather conditions. Many of these are preventable and we do not encounter these problems very often in this part of the world.

- UIL statement regarding [cold weather illness](http://www.uil.utexas.edu/athletics/health/index.html#add_info). [http://www.uil.utexas.edu/athletics/health/index.html#add\\_info](http://www.uil.utexas.edu/athletics/health/index.html#add_info)