

Dehydration and Hydration of Athletes

Engaging in rigorous physical activity during the hot summer months can lead to heat related illnesses if appropriate preventive and treatment measures are not taken. Athletes at MUS will be educated on ways to prevent dehydration during this time, and will be monitored by coaches and the sports medicine staff for signs and symptoms of heat related conditions. The football staff at MUS will comply with the standards of practice set by various sports health organizations, such as the American College of Sports Medicine, and the National Athletic Trainers Association. Obviously, initiating in full pad football practice in August, and in Memphis, does not set up an ideal situation for preventing exertional heat injury. While your son is at MUS, we will make every effort to combat environmental conditions, and make water and sports drinks available at all times, and will be prepared to handle any problems that may arise. The football coaches expect our players to work hard, but will not intentionally put their health in jeopardy by restricting opportunities to hydrate, or pushing them when signs of dehydration are presented. Below are links to information on the topics of hydration and heat illness. If you have further questions regarding healthcare during football practices, please call Coach Ferebee at 260-1378.

http://www.acsm.org/Content/NavigationMenu/Research/Roundtables_Specialty_Conf/PastRoundtables/Youth_Football_Rt.pdf

<http://www.nata.org/consumer/heatillnesses.htm>

http://www.gssiweb.org/Article_Detail.aspx?articleid=701&level=2&topic=5