

RECOMMENDATIONS

FOR FAMILIES & ATHLETES



HYDRATION



Drink water throughout the day, not just during practice or games.

- Aim for 1 oz per lb of bodyweight at minimum.



Start hydrating early.

- Drink ~16–20 oz of fluid 2 hours before activity, and ~7–10 oz 10–20 minutes prior.



Bring a water bottle and sip regularly.

- ~34–50 oz/hour for adolescents
- ~3–8 oz every 20 minutes for ages 9–12



Consider electrolyte drinks if activity lasts > 1 hour.

Energy drinks are NOT appropriate hydration fluids.



NUTRITION



- Eat a balanced diet with plenty of protein, fruits and vegetables.
- Avoid heavy, fatty foods before practice or games.
- Choose snacks like fruits, yogurt, or granola bars for quick energy.



Avoid sugary drinks and caffeine.



Eat large meals 3–4 hours before exercise.

Smaller meals or snacks 1–3 hours beforehand.



SLEEP



Get 8–10 hours of sleep the night before a game or practice.



Maintain a regular sleep schedule, especially during the sports season.



CLOTHING



Wear lightweight, light-colored, moisture-wicking fabrics.



Avoid heavy or dark clothing that absorbs heat.



Use hats or visors to provide shade and protect from the sun.



Use sunglasses to protect eyes from UV rays.

REFERENCES

- Arizona Interscholastic Association. (2024). 2024–2025 Constitution, Bylaws, and Policies & Procedures, Article 435: Heat Acclimatization & Exertional Heat Illness Management Policy.
- Casp D, Armstrong LE, Hillman SK, et al. National athletic trainer association position statement: fluid replacement for athletes. J Athl Train. 2000;35(2):212-224.
- Casp D, Culpin D; Inter-Association Task Force for Preseason Secondary School Athletics Participants, et al. Preseason heat-acclimatization guidelines for secondary school athletics. J Athl Train. 2009;44(5):332-333. doi:10.4085/1062-6050-44.5.332
- National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC). (2022). Heat acclimatization and heat illness prevention position statement.
- National Federation of State High School Associations (NFHS) Sports Medicine Advisory Committee (SMAC). (2018). Position statement and recommendations for maintaining hydration to optimize performance and minimize the risk for exertional heat illness.