

## Pickens County Schools Hydration & Fluid Replacement Policy

Heat illness is used to define several types of afflictions suffered when an individual experiences a rising body temperature and dehydration. Listed below are the different forms of heat illness defined by the NATA (National Athletic Trainers Association).

<b>Type</b>	<b>Symptoms</b>	<b>Treatment</b>
Heat Cramps	<ul style="list-style-type: none"> <li>• Muscle spasms due to imbalance in water and electrolytes. Usually affects the legs and abdominals</li> </ul>	<ul style="list-style-type: none"> <li>• Rest in a cool place</li> <li>• Drink plenty of fluids</li> <li>• Proper stretching</li> <li>• Application of ice if needed</li> </ul>
Heat Exhaustion	<ul style="list-style-type: none"> <li>• Normal to high temperature</li> <li>• Heavy Sweating</li> <li>• Skin is flushed or cool and pale</li> <li>• Headaches, dizziness</li> <li>• Rapid pulse, nausea and weakness</li> <li>• Physical collapse may occur</li> <li>• Can occur without prior symptoms and may be a precursor to Heat Stroke</li> </ul>	<ul style="list-style-type: none"> <li>• Get to a cool place immediately out of the heat</li> <li>• Drink plenty of fluids</li> <li>• Remove excess clothing</li> <li>• May immerse entire body in cool water</li> </ul>
Heat Stroke	<ul style="list-style-type: none"> <li>• Body's cooling system shuts down</li> <li>• Increased core temperature of 104° or higher</li> <li>• Sweating stops</li> <li>• Shallow breath and rapid pulse</li> <li>• Disorientation and loss of consciousness possible</li> <li>• Possible irregular heart rhythm and cardiac arrest</li> </ul>	<ul style="list-style-type: none"> <li>• Call 911 Immediately</li> <li>• Cool bath with ice packs near large arteries (neck, armpits and groin)</li> <li>• Replenish fluids by drinking or intravenously if needed</li> </ul>

Cold water will be readily available during rest periods, which will be increased depending on the WBT. If a student requests water during an unscheduled time, they will be granted permission to hydrate themselves immediately.

Hydration and fluid replacement is a daily process. Students should hydrate themselves before, during and after practice and games. Meals should include an appropriate amount of fluid intake in addition to a healthy diet. Each student will be personally responsible for weighing themselves in and out, monitoring their water loss after each practice or event. The recommended intake for water loss during practice is listed in the next chart.

**Guidelines for Hydration During Exercise**

1. *Drink 16-24oz. of fluid 1 to 1 ½ hours before the workout or competition.*
2. *Drink 4-8oz. of water or sports drink during every 20 minutes of exercise.*
3. *Drink before you feel thirsty. When you feel thirsty, you have already lost needed fluids.*
4. *Fluids that are appropriate for hydration are: water, sports drinks, some juices.*  
**Fluids that can cause dehydration are: sodas, tea, coffee, energy drinks**

**Please sign the appropriate area showing that you have read and understand Pickens County School’s Hydration and Fluid Replacement Policy as required by the Georgia High School Association.**

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**Brian Barnhill  
Jasper Middle School  
Athletic Director**

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**Student’s Signature                      (date)**