

## Heat Policy and Hydration Tips

Consume 6 to 8 ounces of water eight times a day.

<b>STAGE I</b>	100 – 105° Raw Temp/Heat Index	Shorts, helmet & shoulder pads	2 hours total heat exposure	Break every 30 minutes with min total rest time of 5 minutes with helmets off. Open water policy. Athletes should be allowed to remove helmets while not in contact.
<b>STAGE II</b>	106 - 110 Raw Temp/Heat Index	Shorts, t-shirts & helmets only	1.5 hours total heat exposure	Two 25 minutes segments with break of 10 minutes, followed by another 25 minute segment with a 10 minute break followed by a 20 min segment. Open water policy. Athletes should be allowed to remove helmets while not in drills.
<b>STAGE III</b>	111 – 115o Raw Temp/Heat Index	<b>No Outdoor Activity</b>	<b>No Outdoor Activity</b>	<b>No Outdoor Activity</b>

- Use the urine test: The color of a player's urine should be clear to slightly yellow (lemonade). If it's darker in color, he or she is not
- Not all fluids serve as hydrating components. Soda, coffee and energy drinks should not be used to properly hydrate athletes.
- Water (bottled or tap) and electrolyte replacement drinks (such as Gatorade) should be encouraged before, during and after
- Hydrate before physical activity. Most athletes are dehydrated before they even step on the field of play. It's important to begin ex
- Hydrate during physical activity. Sports drinks are most beneficial to replace the electrolytes lost in sweat.
- After physical activity, athletes can continue sweating for up to an hour. They're still losing fluids that need to be replenished, so  
continue to hydrate.