



# *Stay Safe In The Heat*



- Drink enough water/Gatorade so that you need to go to the bathroom. Alternate between water and a sports drink so electrolytes get replaced as well. If you are thirsty you are not drinking enough and are already on the way to a possible heat illness. Stay in the shade as much as possible, wear sun screen (reapply per instructions) and a hat. Don't go barefoot on the pool deck or concrete.
- Your urine (pee) should be light yellow. If it is dark in color you are not drinking enough and need to get out of the heat.
- If you don't feel good, have a stomach ache or feel like you may throw up-tell your coach or Mom or Dad.
- Do not have drinks with caffeine-like soda, tea, or Red Bull/All Star, 180o, Sobe energy drinks. Keep meals light & nutritious.
- Get out of the heat between meet sessions. Be sure and continue to drink water and a sports drink when you go home after the meet.