

• LEARN IT IN 2 MINUTES

HYDRATION FOR ACTIVE DAYS

A PlayWell Quick Guide

START READY. KEEP FLUIDS WITHIN REACH. ADJUST FOR THE DAY.

Simple hydration basics for practices, games, workouts, races, tournaments, and active days.



01 BEFORE YOU GET MOVING



START FULL

START ACTIVITY ALREADY HYDRATED

rather than trying to catch up once you are thirsty.



KEEP IT CLOSE

BRING A REFILLABLE BOTTLE

and make fluids easy to access.

THESE CAN INCREASE HYDRATION NEEDS



**HOTTER
WEATHER**



**LONGER
ACTIVITY**



**HIGHER
INTENSITY**



**PROTECTIVE
EQUIPMENT**



**HEAVIER
SWEATING**



Individual needs vary. Age, body size, sweat rate, environment, activity duration, intensity, and personal tolerance all matter.

02 DURING ACTIVITY

Drink regularly and pay attention to thirst, conditions, and how you feel.



MOVE



BREAK



DRINK



**CHECK HOW
YOU FEEL**



CONTINUE

Use natural breaks, timeouts, changeovers, or rest periods as hydration opportunities.



**WATER IS AN APPROPRIATE EVERYDAY
HYDRATION CHOICE FOR MANY
ACTIVITIES.**

WHEN NEEDS CAN CHANGE

Longer activity, hot conditions, or substantial sweating may change fluid and electrolyte needs. Athletes with specific needs should use guidance from a qualified healthcare or sports-nutrition professional.

QUICK CHECK

**HYDRATION IS NOT ABOUT
DRINKING AS MUCH AS POSSIBLE.**

Both too little and too much fluid can create problems. The goal is appropriate hydration for the person, activity, and conditions.

TOO LITTLE

APPROPRIATE

TOO MUCH

FOR THE PERSON, ACTIVITY, AND CONDITIONS



03 AFTER ACTIVITY



REFILL

Keep drinking fluids after activity, especially when you have been sweating heavily.



RECOVER

Pair hydration with a normal meal or snack as part of recovery.



RESET

Refill your bottle before the next practice, game, workout, or active period.



If you routinely finish activity feeling unusually depleted, speak with a qualified professional about an individualized hydration plan.



04 HOT DAY? PAY EXTRA ATTENTION.



People exercising in the heat are more likely to become dehydrated and experience heat-related illness. On hot days:



KEEP WATER ACCESSIBLE



TAKE BREAKS



USE SHADE OR COOLER SPACES



PACE ACTIVITY



ADJUST AS CONDITIONS CHANGE



Do not ignore weakness, dizziness, nausea, unusual fatigue, or other concerning symptoms.

05 KNOW WHEN TO STOP



STOP AND COOL DOWN

If you feel faint or weak during heat exposure or activity, **stop activity** and move to a cooler place.



EMERGENCY SIGNS

Confusion, loss of consciousness, seizures, or other signs of a medical emergency require immediate emergency response.

06 WHAT SHOULD BE IN YOUR HYDRATION BAG?

PACK LIST



1



REFILLABLE WATER BOTTLE



2



EXTRA WATER for longer active days



3



COOLER OR INSULATED CONTAINER when appropriate



4



ICE OR COLD PACKS for keeping beverages cool



5



ELECTROLYTE OPTION only when appropriate for the activity, conditions, and individual

GO DEEPER

WANT TO LEARN MORE?

Explore the expert resources that informed this guide.



CDC
Heat and Athletes



NATIONAL ATHLETIC
TRAINERS' ASSOCIATION
Fluid Replacement



BOSTON CHILDREN'S
HOSPITAL
Fueling for Performance

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