



## **General Healthcare Recommendations for Athletes**

### **Hydration and Nutrition**

Proper hydration and nutrition will help prevent injury and illness. The first few weeks of activity are especially strenuous, specifically for those sports participating outdoors in the heat. To prevent dehydration and heat illness, please encourage your student athlete to drink plenty of water before, during and after activity. While Gatorade or other sports drinks containing electrolytes are important, water is necessary. The general recommendation is for every bottle of sports drink, drink twice as much water. An easy way for them to determine if they are properly hydrating themselves is to watch their color of urine. Dark urine indicates dehydration. Another way to monitor proper hydration is to monitor weight loss after activity. Irving ISD requires this during the acclimatization period for the beginning of football season. Weighing immediately before and immediately after activity will allow the athlete to gauge water weight lost during activity. For every pound lost, the athlete should drink 16oz of water.

[https://scottishriteforchildren.org/getattachment/Home/Care-and-Treatment/Sports-Medicine/Sports-Nutrition/Hydrate-\(2\).pdf?lang=en-US](https://scottishriteforchildren.org/getattachment/Home/Care-and-Treatment/Sports-Medicine/Sports-Nutrition/Hydrate-(2).pdf?lang=en-US)

Growing athletes require energy to function daily and even more so to perform well and prevent injury and illness. For this reason, student athletes need to be sure they are eating plenty of healthy foods, three meals a day and snack throughout the day. A good breakfast is important. Athletes should include multiple food groups in every meal and avoid processed foods, saturated/trans fats and sugar.

Below are links for further information on nutrition and hydration. Please take the time to review it with your student.

<https://scottishriteforchildren.org/getattachment/Home/Care-and-Treatment/Sports-Medicine/Sports-Nutrition/Sports-Nutrition-2.pdf?lang=en-US>

[https://scottishriteforchildren.org/getattachment/Home/Care-and-Treatment/Sports-Medicine/Sports-Nutrition/Post-Activity-Snacks-\(1\).pdf?lang=en-US](https://scottishriteforchildren.org/getattachment/Home/Care-and-Treatment/Sports-Medicine/Sports-Nutrition/Post-Activity-Snacks-(1).pdf?lang=en-US)

### **Sleep Recommendations**

Adequate sleep is imperative for adolescents. It is important for learning, growth and development, mental, emotional and physical health and for athletic performance. Inadequate sleep can negatively effect each of these areas. Adolescents require 8-10 hours of sleep each night. Tips for improving sleep habits include a regular routine including a period of relaxation prior to sleep, no electronics for a minimum of one hour prior to bedtime and avoid eating large meals prior to bedtime.

[https://scottishriteforchildren.org/TSRHC/media/Media-Files/Photos/Sleep-Habits-Graphic\\_Digital-9.pdf](https://scottishriteforchildren.org/TSRHC/media/Media-Files/Photos/Sleep-Habits-Graphic_Digital-9.pdf)

### **Corrective Vision**

It is recommended that all athletes (especially those participating in collision or contact sports) requiring corrective lens use polycarbonate lens (CR-39) with non-breakable, non-metal frames such as "Rec Specs", "Sports Goggles" or contact lenses when participating in any athletic event. Use of other types of corrective lens may increase the incidence and/or severity of injury to the eyes or face.

### **Epinephrine Auto-Injector**

Any athlete with severe allergic reactions requiring an epi-pen should notify their coaches and athletic trainers. It is recommended that the parent/guardian provide the athletic trainers with an epi-pen to keep with instructions and information regarding the student athlete's allergies in case of emergency.