



Hydration Policy

LENAPE VALLEY INDIANS

The Lenape Valley Football and Cheerleading Hydration Policy is a guideline for coaches and parents to provide the safest environment possible for Lenape Valley athletes.

Hydration needs are individualistic, so parents and athletes should be aware of their own hydration requirements.

Appropriate hydration should include:

- Athletes beginning exercise hydrated
- Minimizing fluid losses during exercise
- Replacing fluid losses after exercise

Hydration recommendations for coaches and parents:

- The rule-of-thumb is for athletes to consume about 200-300ml of fluid every 15 minutes during exercise
- **Before** practice/competition: 16 to 24 oz. of water or sports drinks
- **During** practice/competition: unlimited access to water with no limits on amount that athletes drink
- Provide longer water breaks
- Set up a shaded area for breaks (if possible based upon location)
- Consider sports drinks if exercise is greater than 60 minutes or in intense heat
- **After** practice/competition: athletes should consume 16 oz. of water or sports drinks for each pound lost during exercise session

If a coach has a concern with athlete hydration, they should immediately remove the athlete from practice and recommend the player rest in a shaded area (if possible) and hydrate.

All players should inform a coach if they need a break to hydrate.

Hydration recommendations taken from USA Football website:

<https://usafootball.com/health-safety/heat-hydration>