Looking To Provide Parents & Coaches with Hydration Safety Articles?

Catalog of MomsTeam Hydration Content

MomsTeam®

The Trusted Source for Youth Sports Parents

October 25, 2010

About MomsTeam.com

MomsTeam.com is the premier online youth sports information gateway for youth sports moms (and dads) seeking advice and information, from a world-class team of experts dedicated to the mission of a safer, saner, less stressful and more affordable youth sports experience.

MomsTeam is looking to partner with organizations who support the important work MomsTeam is doing to promote proper Hydration Safety. Companies represented on the MomsTeam site will benefit from the "Halo Effect" of being associated with the "trusted source for youth sports parents."

About the MomsTeam Hydration Expert:

Susan Yeargin, PhD, ATC

Dr. Yeargin is Assistant Professor in the Athletic Training Department at Indiana State University. An expert on child and adolescent hydration and heat illness, she is the author or co-author of sixteen peer-reviewed journal articles, and has made over 20 professional presentations at the local, national, and international level on thermoregulation and hydration behaviors.

Dr. Yeargin is the official liaison for the National Association of Athletic Trainers (NATA) to the American Red Cross, and serves as the NATA's representative on the American Heart Association and American Red Cross International First Aid Science Advisory Board. She was a NATA member on the Inter-Association Task Force which developed pre-season heat acclimatization guidelines for high school football, and has extensive athletic training experience at the high school and Division I collegiate level in football, basketball, ice hockey, soccer, swimming and diving, cross-country, track, and gymnastics, and volunteer on the medical staff at the Boston Marathon®.

About MomsTeam

MomsTeam provides the mothers and fathers with children in youth sports the practical tools and information they seek about every aspect of the youth sports experience. By providing valuable content and information from a team of experts, professionals, writers and sponsors, sports moms (and dads) are able to find the solutions that make this aspect of their family life more fulfilling and its demands easier to manage.

We know firsthand just how busy sports parents are. For the past ten years, we have been building the MomsTeam brand to provide information most needed by sports parents, especially mothers. Simply put MomsTeam is a TEAM of youth sports experts, sports parents, athletes, physicians, nutritionists, and luminaries in our fields.

Together as a team for parents, we are able to show them how to accomplish the difficult task of managing their children's sports activities so they are successful and efficient.

MomsTeam is an easy-to-use comprehensive online network of channels targeted to the needs of youth sports parents aged 26-59. The network consists of 6 channels organized by subject matter. The channels cover leading topics of interest including: Sports Nutrition, Health and Safety, Sports (55), Team Moms/Coaching and Successful Parenting.

MomsTeam Hydration Safety Center Background

Proper hydration is just as important in sports safety as any protective equipment. Heat illnesses are among the most dangerous sports injuries, as well as the most preventable.

To find information on a hydration safety topic, click on a topic in which you are interested. You can also use MomsTeam's search box in the upper right hand corner of each page to search by key words. If you are unable to find the hydration safety information you are looking, please e mail us your request or pose the question to the MomsTeam community of parents and experts (of which you are an important part) by clicking on the Forums tab at the top of the page, finding a forum in which to ask your question or start a new discussion thread.

Together, we can go a long way towards eliminating heat illnesses in youth athletes and keeping athletes hydrated before, during and after sports for peak performance.

ARTICLES

Hydration Safety Center Abstract Policy

MomsTeam's policy is to grant to our partners permission to use abstracts of our articles with a link to the full article on the MomsTeam site. The MomsTeam Hydration Safety Center has over three hundred pages of information. The section is regularly updated and reviewed and a number of new articles and videos are regularly co-produced by the editorial staff and our hydration expert. New articles are added on an ongoing basis. By using an abstract and a link, our partners will ensure that their visitors and members are getting the most up to date content available.

Below is our complete catalog of our article library.

ARTICLE: How to Tell If Child Dehydrated

There are several ways to tell if a child is dehydrated or if his hydration status has changed over time. A youth's hydration status before and after a sport practice, and how their status changes, are particularly important. MomsTeam's hydration expert, Dr. Susan Yeargin, suggests using the mnemonic WUT (Weight Loss, Darker Urine, and Thirst) as a way to remember the three main ways to tell if a young athlete is dehydrated.

ARTICLE: What Factors Affect Child's Hydration Status During Sports?

A child's sports hydration status can be affected, positively or negatively, by beverage type, flavor, container type, accessibility, and parental and coach attitudes about hydration.

ARTICLE: What to Drink for Sports, What Not to Drink

For most exercising athletes, the ideal fluid for pre-hydration and re-hydration is water. Water is quickly absorbed, well-tolerated, an excellent thirst quencher, and cost effective. Sports drinks containing 6-8% carbohydrates and sodium may be beneficial in some situations and for some individuals.

ARTICLE: Replace Electrolytes Lost During Sports

Sweating results in the loss of both electrolytes (particularly sodium) and water. Orange juice, moderate salting of food in the diet, and sports drinks help replace electrolytes such as sodium, potassium, and chloride lost during sports.

ARTICLE: Drinking Fluids Before, During and After Sports Important For Children

Surprising, as it may seem, the most important part of an athlete's diet isn't what they eat, it is what and how much they drink. Drinking fluids before, during and after sports is especially important for preadolescent children because they have special fluid needs compared to adults, or even teenagers. As a parent or coach, you are responsible for taking precautions to prevent heat illnesses in exercising children and making sure they drink enough fluids.

ARTICLE: Proper Hydration for Youth Athletes

To prevent dehydration, or, worse yet, heat illness, you should encourage your child to drink cool fluids, preferably sports drinks, before, during, and after physical activity.

ARTICLE: Teaching Children Proper Hydration: the Role of Parents

You've heard the old saying that the human body needs 8 glasses of water a day to stay healthy. Did you know that was a myth? In fact, it is one of the biggest pop medical myths of our time. No one is quite sure where it came from and no scientist to date has been able to prove that 8 is the number.

ARTICLE: Sports Drinks Versus Water: Which Hydrates Kids Best?

A number of studies in recent years have shown that sports drinks re-hydrate kids who are active in the heat better than water. Given a choice, kids will drink a lot more of a sports drink than of a glass of water. An oft-cited 1999 study in the Journal of Applied Physiology reported that drinking a properly formulated sports drink with carbohydrates and electrolytes (sodium and potassium) increased fluid intake by nearly one-third (32%) compared to water. Because they taste better than water, sports drinks encouraged kids to keep drinking until their fluid needs were met.

ARTICLE: Kids Need To Drink Fluids Before, During and After Sports

Children need to drink before, during and after sports, drink on a schedule, not only when they are thirsty, and drink from their own water bottles or their own sports drinks.

ARTICLE: Energy Drinks: Frequently Asked Questions

Energy drinks have become increasingly popular among adolescents and young adults in recent years. In 2006, nearly 500 new brands were introduced to the marketplace, and over 7 million adolescents reported that they had consumed an energy drink. Energy drinks are particularly popular among young athletes, who see their consumption as a quick and easy way to maximize athletic and academic performance. But is the use of energy drinks by young athletes healthy? An expert panel says no.

ARTICLE: Heat Cramps Symptoms and Treatment

Heat cramps are the mildest form of heat illness, do not usually require medical attention, usually occur during or after exercise and affect only the specific muscles exercised.

ARTICLE: When It Is Too Hot to Play Sports Depends on Heat Index

When the heat index is above 95 degrees, athletes, especially children, are at increased risk of heat-related illness. Cancelling or modifying practices and games, or taking others steps to reduce the risk of heat illness, should be taken.

ARTICLE: Heat and Humidity Increase Risk of Heat Illness

Because children tolerate heat and humidity less well than adults, there may be times when it will be necessary to modify or even cancel practices due to extremely hot or humid conditions. In deciding whether to do so, you should keep in mind that hot, dry weather can be extremely dangerous. Because sweat evaporates very quickly in such conditions, your child won't feel sweaty, and neither you nor your child may recognize how much water he or she has lost. As the relative humidity increases, the effectiveness of sweating in cooling the body also decreases. When the relative humidity is high, sweat drips off the skin so that the cooling benefit of evaporation is lost even at cooler temperatures, resulting in a build-up of body heat.

ARTICLE: Heat Exhaustion Symptoms & Treatment

Exertional heat exhaustion is a serious heat illness which may require medical attention if no improvement in 15 to 20 minutes after removing child to shady place, drinking fluids, and taking off excessive clothing.

ARTICLE: Heat Illnesses: Basic Information

Athletes who exercise in hot or humid weather are prone to heat illnesses. Here are the signs and symptoms of and treatment for the three kinds of heat illness: heat cramps, heat exhaustion or heat
stroke.

ARTICLE: Hyponatremia: Dangerous Drop in Sodium Level From Excessive Water Consumption

Hyponatremia is a relatively rare form of heat illness in which sodium levels in the blood become dangerously low due to excessive water consumption. It usually occurs in endurance and ultra-endurance events lasting four hours or longer. While children do not ordinarily participate in these kinds of activities, hyponatremia is so dangerous that it something sports parents should know about.

ARTICLE: Pre-Season Heat-Acclimatization Guidelines

In 2009 the National Athletic Trainers' Association (NATA) issued a first-ever set of high school-specific pre-season heat- acclimatization guidelines as part of its ongoing effort to reduce the number of heat-related athletic injuries in secondary schools.

ARTICLE: Dehydration Common At Sports Camps, Studies Find

Studies show a majority of boys and girls at summer sports camps are significantly dehydrated, with one quarter showing signs of serious dehydration, putting them at increased risk of heat-related illnesses, despite the availability of water and sports drinks, frequent breaks and coaches' reminders to stay hydrated.

ARTICLE: Signs and Symptoms of Impending Heat Illness

Symptoms of impending heat illness include chills, nausea, headache, disorientation, and muscle cramping.

ARTICLE: Modify or Cancel Games or Practices In High Heat or Humidity

Extremely hot or humid weather may require that sports practices or games be modified or even cancelled because of the risk of heat illness. In deciding whether to do so, you should keep in mind that hot, dry weather can be extremely dangerous. Because sweat evaporates very quickly in such conditions, your child won't feel sweaty, and neither you nor your child may recognize how much water he or she has lost. As the relative humidity increases, the effectiveness of sweating in cooling the body also decreases. When the relative humidity is high, sweat drips off the skin so that the cooling benefit of evaporation is lost even at cooler temperatures, resulting in a build-up of body heat.

ARTICLE: Heat Index Measures Risk of Heat Illness

The National Oceanic and Atmospheric Administration (NOAA) has developed a heat index chart parents and coaches can use to determine when heat and humidity have reached the point where athletes are at serious risk of heat illnesses, such as heat cramps, heat exhaustion or even heat stroke.

ARTICLE: When It Is Too Hot to Play Sports Depends on Heat Index

When the heat index is above 95 degrees, athletes, especially children, are at increased risk of heat-related illness. Cancelling or modifying practices and games, or taking others steps to reduce the risk of heat illness, should be taken.

ARTICLE: Heat Stroke Symptoms & Treatment

Exertional heat stroke is a life-threatening medical emergency in which the body's temperature is too high. Left untreated, exertional heat stroke results in death due to organ damage across all body systems (liver, kidney, brain, etc.). Until medical help arrives, the key is to *immediately lower elevated body temperature.*

ARTICLE: Hydration During Winter Sports: Just As Essential As In Summer

Frostbite and hypothermia aren't the only health hazards associated with winter sports. Cold weather studies at the University of New Hampshire show increased risk for dehydration, a condition more commonly associated with hot weather.

ARTICLE: iPhone App Helps Keep Athletes Well Hydrated, Avoid Heat-Related Illness

With fall sports beginning around the country, often in dangerously hot weather conditions, Mobile Sports, Inc. (MSI) today announced the launch of iHydrate™, an innovative iPhone application giving athletes, parents of athletes, and coaches the tools and information they need to avoid dehydration and other, more serious heat-related illnesses.

ARTICLE: Ice-Water Immersion Best for Treating Heat Stroke

Ice-water or cold-water immersion is best in treating athletes suffering hyperthermia caused by physical exertion or exertional heat stroke (EHS) and should be the "definitive treatment", according to a report in the February 2009 issue of the *Journal of Athletic Training*.

ARTICLE: Blowing Cool, Dry Air Through Football Shoulder Pads Reduces Heat Illness Risk

Blowing cool, dry air flowing under and through football shoulder pads reduces core body temperature and heart rate dramatically, thereby reducing the likelihood of heat illness, a study released at the 2008 American Orthopaedic Society for Sports Medicine Annual Meeting shows.

ARTICLE: Heat Illnesses: Football Poses Special Risks

According to the NCAA, over 100 football players died from heat stroke between 1960 and 2001. An August 2008 study by researchers at University of Florida says there are eight factors that make football players are especially vulnerable to heat illness.

ARTICLE: Reducing Heat Illness Risk in Youth Football

Youth football coaches should adopt practice modifications and employ a strategy to acclimatize players to perform in the heat, along with a fluid replacement strategy in anticipation of young players who begin practice already dehydrated, according to new recommendations from the American College of Sports Medicine (ACSM), the world leader in the scientific and medical aspects of sports and exercise. The guidelines are outcomes from a recent expert panel convened for an ACSM scientific roundtable on youth football and heat stress.

ARTICLE: Preventing Heat Illness During Summer Football Practice

Every year the start of summer football practices around the country is accompanied by horror stories of coaches forcing young athletes to practice in hot, humid conditions without taking appropriate precautions against heat-related illness and of the deaths of youth athletes from heat stroke.

ARTICLE: Survey Reveals Misconceptions About Beverages And Hydration

According to a recent survey, almost 80 percent of U.S. adults believe they need to drink eight glasses of water each day to stay hydrated while 72 percent do not believe they get adequate amounts of water from their daily diets and typical drinking habits.

ARTICLE: Tips for Exercising Safely in the Heat

With summer temperatures soaring, the National Athletic Trainers' Association (NATA) has prepared a list of important tips that people of all ages can follow to enjoy physical activity and exercise and also reduce the risk of exertional heat illness that may occur from activity in the heat of summer. This is especially timely in July and August when young athletes are participating in summer and pre-season sports programs and back-to-school games are just around the corner.

ARTICLE: Top Five Heat Illness and Hydration Myths About Children

MomsTeam hydration expert, Dr. Susan Yeargin, debunks five common heat illness and hydration myths about children exercising in the heat.

ARTICLE: Prevent Hyponatremia During Exercise Lasting Four Hours Or Longer

Hyponatremia occurs where sodium levels in the blood become dangerously low due to excessive water consumption. Blood sodium levels that drop too low can lead to seizures, coma, and even death. To prevent hyponatremia usually occurs in endurance and ultra-endurance events follow these guidelines.

ARTICLE: Exertional Sickling: Potentially Life-Threatening Condition for Youth with Sickle Cell Trait

After birth every baby is tested for a wide variety of conditions and diseases. One of the tests looks for the condition called "Sickle Cell Trait." Ordinarily, a relatively benign condition, sickle cell trait can have potentially devastating implications for youth engaged in sustained, intense exercise, such as in sports practices, which can result in a life-threatening condition called exertional sickling.

ARTICLE: High School Football Players Most Prone to Heat Illness, CDC Says

U.S. high school athletes suffer an estimated 9,237 time-loss heat illnesses every year that are serious enough to keep them out of sports for one or more days, according to a new, first-of-its kind report from the Centers for Disease and Control and Prevention (CDC), with football players most prone to heat illness.