

Hydration Tips for Young Athletes



Staying hydrated is essential to keeping kids at peak health so they can train and perform at their best.

Dehydration symptoms

- Dark yellow urine (urine should be the color of light lemonade; see #3 in the table to the right)
- Feeling thirsty
- Body weight change of more than 1% during exercise
- Lack of concentration
- Early fatigue
- High perceived exertion in training
- Trouble tolerating heat
- Delayed recovery from exercise
- Muscle cramps

Urine Color	#
	1
	2
	3
	4
	5

Daily hydration plan

Before training or competition sessions

- Drink 1–2 cups of water with meals.
- Keep a water bottle with you to stay hydrated throughout the day.

During training or competition

- Stick to plain water for physical activity lasting 60 minutes or less.
- Drink cool (~59° F) fluids in hot weather and warm fluids in cold weather. Fluid temperature can affect your body's ability to regulate heat and cold.
- Use body weight change during training to calculate how much you need to drink. One pound of weight loss equals 16 oz. (2 cups) of sweat loss. Aim to replace 80–100% of sweat lost during activity. As a general rule, drink 1 cup of water every 15–20 minutes during training or competition.
- For long sessions (over 60 minutes), consume sports drinks (which contain carbohydrates and electrolytes) or water with gels or chews (note that these typically do not contain much sodium).

Recovery

- Consume fluid to replace 150% of sweat lost in training. Drink 24 oz. (3 cups) of fluid per pound of sweat lost during the session. As a general rule, drink 2–3 cups of fluid within 1 hour after the session.
- Drink some low-fat milk or flavored milk, which has a combination of carbohydrates and protein, to help replenish energy and repair muscle.



Locations

Emeryville

6121 Hollis St, Ste 2
Emeryville, CA 94608

Los Gatos

555 Knowles Dr
Los Gatos, CA 95032

Lucile Packard Children's Hospital Stanford

725 Welch Rd
Palo Alto, CA 94304

Palo Alto

730 Welch Rd
2nd floor
Palo Alto, CA 94304

Pleasanton

5000 Pleasanton Ave, Ste 200
Pleasanton, CA 94566

San Francisco – California Pacific Medical Center

3801 Sacramento St
2nd Floor, Ste 216
San Francisco, CA 94118

Sunnyvale – Motion & Sports Performance Lab

1195 West Fremont Ave
2nd Floor
Sunnyvale, CA 94087

Walnut Creek – John Muir Medical Center

106 La Casa Via, Ste 240
Walnut Creek, CA 94598

We help young athletes perform their best, on and off the field. Call us at **(844) 41-ORTHO** or visit ortho.stanfordchildrens.org to learn more about our Orthopedic and Sports Medicine Center.