



# FORE YOUR SAFETY!

Promoting Tournament Safety for Employees, Volunteers, Players, and Guests

## Staying Hydrated – “Priority #1”

As Bobby Boucher once eloquently stated, “it’s clean, it’s cold, now that’s what I call high quality H2O!”



Although Gatorade and other sugary drinks provide a wider variety of flavors, water is best for staying hydrated. Other drinks and foods can help you stay hydrated; however, they contain additives such as sugar, calories, sodium, caffeine, etc. which may result in a false sense of hydration.

### Signs of Dehydration

Please be aware of your environment and how your body could react to high temperatures.

- Little or no urine
- Urine that is darker than usual
- Dry mouth

- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Lightheadedness
- No tears when crying

If you or anyone else is experiencing these symptoms seek medical attention immediately!

### Hydration Tips

- Keep a bottle of water with you during the day.
- If the taste of water is not your thing, try adding fruit.
- Drink water continuously throughout the day.
- When you’re feeling hungry, drink water. Thirst is often confused with hunger.
- Plan out your water drinking schedule, set reminders!
- Drink water at every meal.

### Benefits of Water

It should go without saying, but water is essential for life on Earth. According to the United States Geological Survey, up to 60% of the human adult body and up to 73% of the brain is composed of water. That means the majority of your personal hardware and software operates on water.

Although you may find other activities more important at the time, drinking water should be a top priority.



Water regulates your body temperature, cushions and lubricates joints, protects your spinal cord and other sensitive tissues and rids your body of wastes through urination, perspiration. Physical and cognitive impairment can begin with as little as a 2% total body mass decrease in fluids. Please be sure to monitor and maintain proper hydration.