

## Sports Med Central

1. Fluid Temp 59-72\*
2. 8-10 glasses of 8 oz. a day
3. 2 hours pregame= 16-24 oz.
4. 15 min. pregame = 8-16 oz.
5. Every 15-20 min.during game 8oz.
6. After game= 16 oz. Every pound of weight lost  
or clear urine
7. 1<sup>st</sup> hour after game, prime carbo loading time
8. High carbo meal 1-3 hours after game
9. Sports drinks of less than 7% carbos best
10. Heat exhaustion: dizziness, cool clammy skin,  
Vomiting, pale face, cramps, weak rapid pulse
11. Heat stroke: red face, headache, no sweating,  
Strong hard pulse, coma, transport
12. Pale face-raise feet; red face-raise feet
13. Cool body with ice towels, expose skin
14. No caffeine, alcohol

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