

## Hydration: A Teachable Moment

A teachable moment is an opportunity to use the 6A's to communicate with the child a lesson through sport or life. The effective use of teachable moments requires a coach to have the requisite knowledge of the issue at hand while also having the ability and willingness to discuss the issue with the child.

### Hydration

#### Requisite knowledge for the coach:

1. Children should be hydrated 20 to 30 minutes before practices or games. During a practice or a game, periodic drinking should be enforced.
2. Youngsters, just like most adults, do not instinctively drink enough water. They need prompts from parents and coaches to drink water more often.

#### Recognizing a Teachable Moment

Example: During a drink break, some of your athletes don't get a drink of water.

#### *Communication Points:*

- “Do you think it is important to drink a lot of water? It really is important to drink water when you are active. That's why we let you get water anytime you want to, as long as you tell us. When you don't drink a lot of water when you are active, you might start to not feel good. You might start to get dizzy or your muscles might cramp up. Being hydrated helps you feel your best when you are active.”
- “Do you know how you can check if you are hydrated? Look at the color of your urine when you go to the bathroom. If it's clear like water, you're clear to play. But, if it looks like apple juice or lemonade, then you need to drink more water because you're probably dehydrated.”

