

YOUTH ATHLETE HEAT-SAFETY PROTOCOL

TRAIN SAFER. PERFORM LONGER.

Designed by a coach. Built for youth sport. Actionable thresholds for proactive practice decisions.

WHY YOUNG ATHLETES NEED EXTRA PROTECTION

SWEAT EFFICIENCY Kids and teens sweat less efficiently than adults, reducing natural cooling.	HEAT ABSORPTION Higher body-surface ratio means a 90 lb athlete heats up much faster.	DELAYED THIRST Thirst is late. By the time they feel thirsty, they are already 1-2% dehydrated.	PERFORMANCE DROP Even 2% dehydration reduces speed, focus, stamina, and reaction time.	SILENT PUSH Youth athletes rarely self-report heat stress and push through danger.
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HEAT INDEX THRESHOLDS | PRACTICE INTENSITY GUIDE

ZONE	HEAT INDEX	PRACTICE ACTION & MODIFICATIONS	MANDATORY FLUID INTAKE
ZONE 1: GREEN	Below 80°F	Full Practice: No restrictions. Standard schedule. Monitor athletes showing early fatigue.	5–7 oz every 20 min
ZONE 2: YELLOW	80°F – 89°F	Full Practice + Added Breaks: Mandatory water break every 20 min. Watch for flushing or early fatigue.	6–8 oz every 15–20 min
ZONE 3: ORANGE	90°F – 102°F	Modified Practice: Reduce intensity 30–40%. Shorten drills; eliminate sprints/conditioning. Remove heavy pads/vests. Move to shade.	8–10 oz every 15 min + Electrolytes
ZONE 4: RED	103°F +	Cancel or Move Indoors: No outdoor practice. If indoors unavailable: walk-throughs only in full shade, zero conditioning.	10 oz every 10 min + Electrolytes Required

HYDRATION TIMING | PROTOCOL BREAKDOWN

BEFORE PRACTICE PREPARE YOUR BODY • 16–20 oz fluid 2–3 hours before practice. • 8–10 oz fluid 10–20 minutes before start. • Coach Check: Ask "Did you drink today?" and verify urine color.	DURING PRACTICE STAY AHEAD OF SWEAT • Zone 1–2: 5–8 oz every 15–20 minutes. • Zone 3–4: 8–10 oz every 15 minutes. • Acuity Packets: Use in sessions 60+ min or Zone 3–4. • Rule: Never restrict water as discipline.	AFTER PRACTICE REPLENISH & RECOVER • 16–24 oz fluid for every pound lost in sweat. • Carbs + Protein within 60 minutes for recovery. • Ongoing: Continue drinking fluids into evening.
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WARNING SIGNS | KNOW WHEN TO STOP

EARLY WARNING SIGNS — REMOVE FROM ACTIVITY • Excessive sweating OR sudden stop of sweating • Flushed, hot skin, dizziness, lightheadedness, or muscle cramps • Headache, nausea, unusual fatigue, or visible slowing down	MEDICAL EMERGENCY — CALL 911 IMMEDIATELY • Confusion, disorientation, or slurred speech • Loss of consciousness, collapse, or seizures • Hot, dry skin with core body temp > 104°F; athlete unresponsive
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CHECK YOUR URINE COLOR

COLOR STAGE	HYDRATION STATUS	REQUIRED ACTION
 Pale Straw / Clear	Well Hydrated	Good to go. Maintain standard intake.

COLOR STAGE	HYDRATION STATUS	REQUIRED ACTION
 Yellow	Mildly Low	Drink 8–10 oz of water immediately.
 Dark Yellow / Amber	Dehydrated	Water break required before resuming activity.
 Brown / Orange	Severely Dehydrated	Remove from practice immediately. Seek medical evaluation.

COACH'S FIELD GUIDE | KEY YOUTH REMINDERS

- DON'T WAIT FOR THIRST:** Thirst is late. Enforce scheduled, mandatory breaks.
- ACTIVE CHECK-INS:** Kids won't self-report. Actively check in on players.
- ACCLIMATIZATION:** Takes 10–14 days. Build up intensity gradually in week 1.
- FLAVOR HELPS:** Adding flavor and electrolytes increases fluid intake in youth.
- ZERO CAFFEINE:** Energy drinks are not hydration and have no place in youth sport.

ACUITY SPORT ADVANTAGE

- **Optimized Electrolytes:** Rapid hydration for hot conditions.
- **L-Theanine Formulated:** Promotes calm focus (zero caffeine).
- **Clean & Digestible:** Gentle on young athlete stomachs.
- **Coach Designed:** Built specifically to protect youth performance.

ACUITY SPORT

HYDRATE. FOCUS. PERFORM.

acuitysport.com • This protocol is a coaching tool, not a substitute for medical advice. When in doubt, remove the athlete from activity and contact medical personnel.