HYDRATION SAFETY

SIDELINE GUIDELINES

Maintain the overall health and safety of your athletes and help prevent the spread of germs by following these guidelines before, during and post practice.

SETUP

- **Avoid** sharing fluid bottles by making individual bottles available—clearly mark bottles with player info
- **Consider** setting up portable hand wash stations—purchased or DIY
- **Identify** multiple cool-down/break stations around the practice area as needed for team size
- **Place** extra trash cans and red bags around practice area for cups disposal

DURING PRACTICE

- **Encourage** coaches to allow free athlete access to their squeeze bottles for hydration breaks
- **Stagger** hydration/rest breaks to limit group size
- **Discourage** athletes from spitting #YouSpitYouSit
- **Eliminate** any cut fruit or bulk food on the sidelines—use individually packaged items and space out on cleaned and sanitized tabletop surfaces

POST-PRACTICE

Clean and sanitize coolers and squeeze bottles after every practice following CDC guidelines:

- **Wash the container:** For proper plastic disinfection, wash the plastic with antibacterial dish soap and hot water. The soap will immediately kill surface bacteria, but may not guarantee complete sterilization; combining washing with another method below is more effective. For the best results, always use a non-diluted alcohol rinse when washing. Additionally, both rubbing alcohol and grain alcohol kill bacteria on plastic surfaces.
- **Soak the plastic:** For complete plastic sterilization, soak the plastic container in a bleach-water solution of about 5% to 10% bleach. Bleach will not take long to disinfect, so the soaking time is minimal.
- **Heat the plastic:** This can be done in a hot dishwasher rinse, but a microwave is more effective. Wet the plastic container first, as the interaction between the microwave's heat and water is what causes sterilization. Place the plastic container in a microwave on high power for approximately two minutes. Be cautious, as both the dishwasher and microwave can melt plastic. Polypropylene plastics are stronger than standard plastics and can withstand high heat.
- **Don't forget:** Any plastic or laminate tabletops used for items during practice must also be cleaned.

TOUCHLESS HYDRATION

Follow these best practices in situations that call for a contact-free approach to athlete hydration, to help prevent the spread of germs among your athletes.

HYDRATION BEST PRACTICES

- **Develop** a protocol to have your athletes drink at scheduled intervals to optimize hydration breaks at practices and games
- **Educate** your athletes on mask hygiene and proper use
- **Assemble** a hydration table for squeeze bottles and electrolytes

SQUEEZE BOTTLES/CUP DISTRIBUTION

NOTE: If using cups, plan ahead to ensure you have enough to meet individual needs.

- **Label** squeeze bottles with the names of your athletes
- **Provide** wide mouth squeeze bottles whenever possible
- **Consider** providing or asking athletes to bring (two) reusable bottles per athlete practice/competition and one extra for personal use
- **Determine** a squeeze bottle size that will work best for your athletes
- **Dispose** of used cups in biohazard bag

SANITIZATION CONSIDERATIONS

- Ensure reusable bottles are sanitized every day
- Remember to rinse coolers an additional time before use
- To confirm that cleaning disinfectants being used are rated for COVID-19 and appropriate for food contact, reference List N. (*Click Here*)

NOTE: Utilizing hydrogen peroxide sanitizer can help prevent the spread of COVID-19.

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