



Florida High  
School  
Athletic  
Association

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Please make  
checks payable to  
Officials  
Association

*“Building  
leaders  
through  
teamwork,  
sportsmanship  
and  
citizenship.”*

## MEMORANDUM

TO: Host Athletic Directors and Coaches

FROM: FHSAA Athletic Operations Staff

SUBJECT: FHSAA State Championship Series Hosting

The following Policies and Administrative Procedures are designed to assist you in hosting FHSAA State Championship Series events. You will receive sport specific information from the sport director prior to the event. We invite you to review the Policies and Administrative Procedures below to ensure your event is successful.

The following FHSAA Policies should be reviewed prior to hosting a State Series event:

- [Admission](#); Policy 9.7
- [Ticketing](#); Policy 9.8
- [Financial Reporting](#); Policy 9.10
- [Championship Series Awards](#); Policy 9.10.7
- [Roster number of participants](#); Policy 11.2
- [State Championship Series Passes](#); Policy 15.1
- [Crowd Control](#); Policy 29
- [Photographing, Filming and Videotaping](#); Policy 34.2
- [Emergency Action Plan](#); Policy 43

The following FHSAA Administrative Procedures should be reviewed prior to hosting a State Series event. :

- [Noisemakers](#); Administrative Procedure 3.1.4
- [Bands](#); Administrative Procedure 3.1.5
- [Merchandising](#); Administrative Procedure 3.1.6
- [Public-Address Protocol](#); Administrative Procedure 3.1.8
- [Uniformed Security](#); Administrative Procedure 3.1.10
- [Media Restrictions](#); Administrative Procedure 3.1.12
- [Awards](#); Administrative Procedure 3.7
- [Admittance to FHSAA State Championship Series](#); Administrative Procedure 3.10
- [Broadcasting of Events](#); Administrative Procedure 3.11

[Media credential requests, team information and stats and Public Address scripts](#)

Below are links to the complete FHSAA Handbook and Administrative Procedures:

[FHSAA Policies Handbook](#)

[FHSAA Administrative Procedures](#)

# KEEP THEM HYDRATED, KEEP THEM SAFE

## 5 TIPS TO HELP ATHLETES STAY HYDRATED

1

### KEEP HYDRATION TOP OF MIND

- Remind athletes to check their urine color before practice. If it's the color of pale lemonade, that's a sign of being hydrated.
- Take weather into account and give athletes opportunities to drink during practice.
- Teach athletes to pay attention to how they feel, including their thirst and energy levels.

2

### KEEP FLUID LEVELS UP

- Athletes should drink enough fluid to maintain hydration without over-drinking.
- Flavored, cold, lightly salted sports drinks like Gatorade® Thirst Quencher are important, because sodium helps maintain the athlete's desire to drink and retain the fluid consumed.

3

### KEEP THE BODY COOL

- Remind athletes to drink cool fluids to help maintain their body temperature.
- If your athletes experience heat illness, help them lower their body temperature by lying in a cool place with their legs elevated, applying cool, wet towels to their body and drinking cool fluids.

4

### KEEP HYDRATED BEFORE, DURING AND AFTER ACTIVITY

- Athletes need to think about their entire athletic schedule when it comes to fueling (not just when they are competing).
- Encourage them to drink plenty of fluids throughout the day to replace the fluids lost through sweat.

5

### KEEP A RECOVERY SCHEDULE

- Rest and recovery are an essential part of avoiding heat illness.
- Ensure your athletes have time for breaks during practices.
- Encourage athletes to get 6-8 hours of sleep each night in a cool environment if possible.

### THE EFFECTS OF DEHYDRATION:

DECREASED PERFORMANCE  
DECREASED MENTAL FUNCTION  
DECREASED MOTOR SKILLS  
DECREASED FLUID ABSORPTION  
DECREASED TOLERANCE TO HEAT

### THE SYMPTOMS OF DEHYDRATION:

NAUSEA                      LIGHT-HEADEDNESS  
HEADACHE                  VOMITING  
WEAKNESS                  FAINTING  
  
FATIGUE / EXHAUSTION  
LOSS OF MUSCLE COORDINATION / DECREASED PERFORMANCE  
POOR CONCENTRATION / ALTERED MENTAL STATUS

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