

# How much water should a kid drink while playing sports?



For **every 20 minutes of play**, a young athlete should drink about **10 gulps of water**.

1 gulp =  $\frac{1}{2}$  oz. of fluid

**A teen should drink about 20 gulps.**

**SAFE  
K:IDS**  
GRAND FORKS

The American Academy of Pediatrics (AAP) recommends: 5 oz. for an 88-pound child every 20 minutes, and 9 oz. for a 132-pound adolescent every 20 minutes.



## HYDRATION TIPS

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**To keep kids in top shape for sports, it's important for them to stay hydrated by drinking plenty of fluids.**

**Learn the signs and symptoms of dehydration.**

**To stay hydrated, bring a water bottle to practice and games.**

**Drink fluids before, during and after play.**

**Don't wait until athletes are thirsty, have mandatory fluid breaks during practice and games.**