

BACK TO SCHOOL: SPORTS IN THE HEAT
Laura Irvin, DO, Sports Medicine, Baylor Scott & White Health

{**ON CAM**}

FOR MANY, BACK-TO-SCHOOL ALSO MEANS BACK TO SPORTS ... BUT WHAT ABOUT PRACTICING IN THIS SUMMER HEAT?

{**TAKE VO**}

SPORTS MEDICINE PHYSICIAN LAURA IRVIN SAYS THERE ARE THINGS PARENTS CAN DO TO START PREPARING THEIR CHILDREN FOR SAFE AND HEALTHY ATHLETIC ACTIVITY.

SHE SAYS GRADUALLY EXPOSING YOUR ATHLETE TO EXERCISING OUTDOORS CAN HELP THEIR BODY ADJUST TO HIGH TEMPERATURES.

IRVIN ALSO ADVISES PARENTS TO MAKE SURE THEIR STUDENTS ARE HYDRATED *BEFORE* THEY START PRACTICE.

{**TAKE SOT**}

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Hydration, and so that's drinking water. Not only right before you're going to go out on the field, but the day before that, making sure the kids are drinking at least eight glasses of water a day can help throughout that period. But it's also making sure they're not dehydrated with electrolytes, so that's mixing in a sports drink as well.

{**ON CAM**}

DOCTOR IRVIN SAYS SHE ALSO COMMONLY SEES BOTH PARENTS AND ATHLETES UNDERESTIMATE THEIR NEED FOR SLEEP.

SHE SAYS MAKING SURE YOUR CHILD GETS ENOUGH REST WILL HELP PREVENT INJURY AND PROMOTE RECOVERY.