

## Playing Hot Quiz Questions and Answers

Quiz for your athletes to begin the video, activities, and discussion session. (All questions can be answered “true” or “false.”)

1. It's a good idea to drink as much water as possible immediately after a long game or exercise session in the heat, especially if you have to play again soon (i.e., one to several hours later).

**Answer: False.** Drinking water after competition is, of course, very helpful and necessary. But, you can drink too much water too fast! This can lead to feeling sick or possibly having very severe problems. Rehydrating after sweating a lot is important; however, it is also important to replace other nutrients such as electrolytes (primarily sodium and chloride) and carbohydrates.

2. Eating a banana or an orange is an effective way to prevent or resolve muscle cramping.

**Answer: False.** Muscle cramping during competition in the heat, when you have been sweating considerably, is often due to the excessive loss of water and salt (sodium and chloride—not potassium) from sweating. Athletes who sweat a lot and are prone to cramping in the heat may benefit from increasing their salt intake before and after competition, when sweat losses are expected to be high.

3. If you eat well before you compete, water is all you will need to consume during a long match, game, or run.

**Answer: False.** During any activity that lasts more than an hour, if the intensity is high enough, you will probably need to ingest some carbohydrates (e.g., sport drinks or certain snacks) to maintain your best performance. Even if you ate well earlier, this rule holds true—especially in the heat. Some athletes may need to consume some salt as well.

4. It's better to sweat less during exercise in the heat.

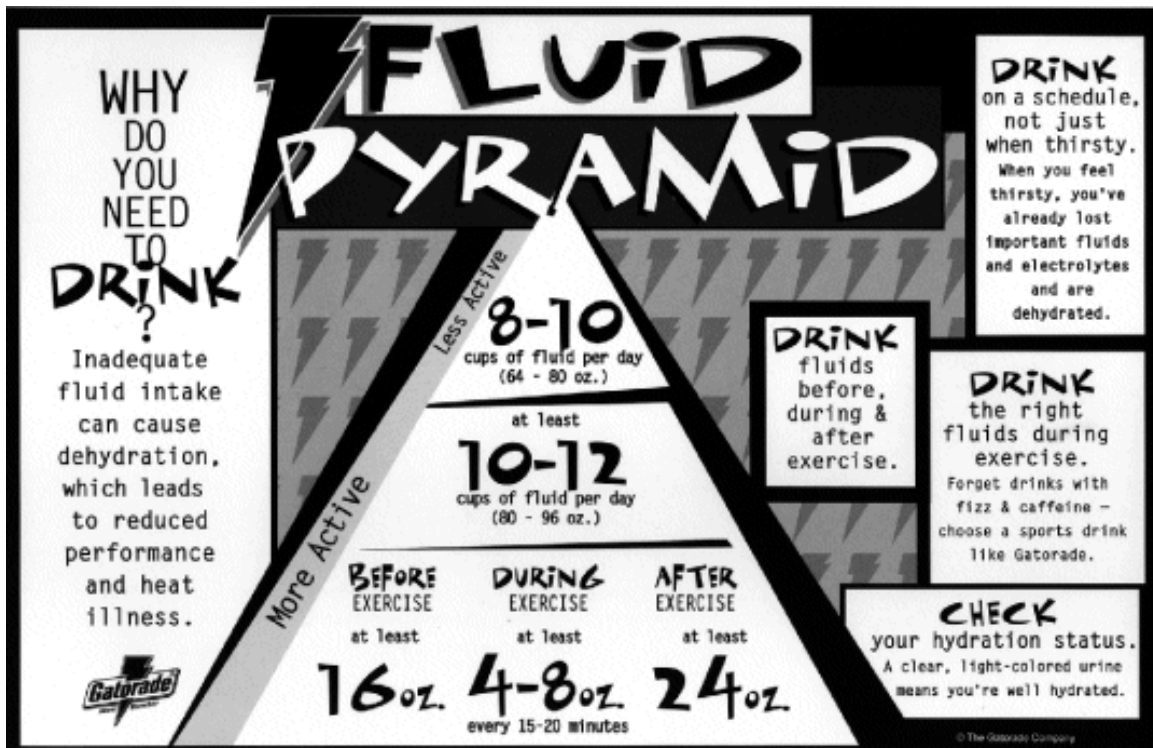
**Answer: False.** Although sweating extensively causes you to lose a lot of water, which can hurt your performance and increase your risk for heat illness, sweating is a good thing! Sweating cools your body. Sweating is a very high priority during exercise in the heat—for your safety and performance. The important thing is that if you tend to sweat a lot, make sure that you are well hydrated when you begin exercise and that you drink enough as often as you can during your activity.

5. The video *Playing Hot* will give you a lot of important information that will help you compete safely and closer to your best in the heat.

**True! Enjoy the video!**

## Fluid Pyramid

Use this handy chart to learn how much water you should be drinking daily, and during exercise.



**Figure 1** Fluid Pyramid.  
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