

**BACK TO SCHOOL – RECOVERY FROM EXTRACURRICULAR ACTIVITIES  
DR. LAURA IRVIN, SPORTS MEDICINE, BAYLOR SCOTT & WHITE HEALTH**

{\*\*ON CAM\*\*}

WHILE SCHOOL HAS STARTED, THE HEAT SURE HASN'T STOPPED.  
THAT MEANS KIDS PARTICIPATING IN SCHOOL ACTIVITIES LIKE BAND...  
FOOTBALL... AND CHEER- NEED TO TAKE EXTRA PRECAUTIONS WHILE  
PRACTICING OUTDOORS.

{\*\*TAKE VO\*\*}

TRT:

BAYLOR SCOTT AND WHITE PRIMARY CARE SPORTS MEDICINE PHYSICIAN  
LAURA IRVIN SAYS HYDRATION IS ONE OF THE MOST IMPORTANT WAYS TO  
STAY SAFE.

SHE RECOMMENDS HAVING A CONVERSATION WITH YOUR CHILD ABOUT  
DRINKING ENOUGH FLUIDS BEFORE PRACTICE GETS STARTED.

{\*\*TAKE SOT\*\*}

DR. LAURA IRVIN

BAYLOR SCOTT & WHITE

TRT: 25

So that's drinking water not only right before you're going to go on the field but the day before that. Making sure the kids are drinking at least 8 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, specifically if they're going to be working out for longer than 30 minutes out in the heat to help replenish what they're losing.

{\*\*ON CAM\*\*}

IRVIN ALSO SAYS MAKING SURE KIDS EAT ENOUGH THROUGHOUT THE DAY IS  
AN IMPORTANT PART OF RECOVERY- AND SO IS ADEQUATE SLEEP.

SHE RECOMMENDS GETTING BACK INTO THE RHYTHM OF A REGULAR  
BEDTIME AND ALLOWING OLDER CHILDREN TO PACK THEIR OWN SNACKS.