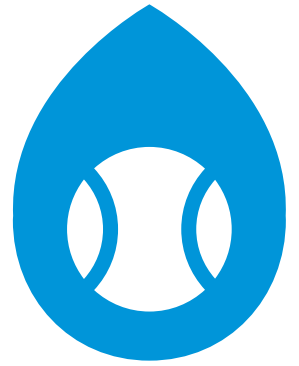


How much water should a kid drink while playing sports?



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.

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

275 Grandview Avenue, Suite 200 • Camp Hill, PA 17011
(800) 683-5100 • www.PaSafeKids.org

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