

# Congratulations!

You've finished The Hydration Campaign review. Now you are ready to take the quiz. After you have answered all the questions, sign the signature page give your results to your coach.  
Thanks for taking the time to make sure you can beat the heat!

## QUIZ

Circle the correct response:

**1. When conditioning for sports, the process of Acclimation takes:**

- A. 1 Day
- B. 2 Days
- C. 1 Week
- D. 2 Weeks

**2. Proper hydration is most important:**

- A. Before practice or games
- B. During practice or games
- C. After practice or games
- D. They are all equally important

**3. Unless discolored from medications, you know you are pretty well hydrated if your urine color is clear or looks like:**

- A. Apple Juice
- B. Prune Juice
- C. Lemonade
- D. Limeade

**4. Which of the following are signs of dehydration:**

- A. Nausea
- B. Thirst
- C. Weakness
- D. All of the above

**5. One treatment for dehydration is:**

- A. Drink enough liquids
- B. Get used to it
- C. Vomit
- D. Work harder

**6. Which of the following is a sign of heat stroke:**

- A. Confusion
- B. Healthy athlete collapses during intense exercise
- C. High core body temperature
- D. All of the above

**7. What is the most important treatment for a heat stroke victim:**

- A. Resting in a cool place
- B. Re-hydrating before the next practice
- C. Rapid cooling and transport to a medical facility
- D. Eating a snack

**8. Rapid cooling can be done by:**

- A. Ice bath in a "cool place"
- B. Ice packs or cold, wet towels over the body
- C. Taking a cool shower
- D. All of the above

**9. The heat index is a measure of:**

- A. Humidity
- B. Air Temperature and humidity
- C. Air Temperature
- D. Barometric Pressure

**10. In addition to water, the best drink to consume when you are working out is:**

- A. An energy drink
- B. 100% juice
- C. You really should only drink water
- D. A sports drink