### **NMARS Santa Fe NFL Flag Football League Hydration Policy**

The NMARS Santa Fe NFL Flag Football League prioritizes the health and safety of all participants by promoting proper hydration during practices, games, and events. To prevent dehydration and heat-related illnesses, the following guidelines will be followed:

1. **Pre-Activity Hydration**:  
   Players should drink water before arriving at practices or games to ensure they are properly hydrated.
2. **In-Activity Hydration**:  
   Water breaks will be scheduled every 15-20 minutes during outdoor activities, and players will be encouraged to drink water throughout the practice or game. Coaches will remind players to hydrate regularly.
3. **Post-Activity Hydration**:  
   After practices or games, players will be encouraged to continue drinking water to replace fluids lost during activity.
4. **Availability of Water**:  
   Water will be readily available at all times during practices and games, and players should bring their own water bottles to ensure they have access to hydration when needed.
5. **Signs of Dehydration**:  
   Coaches will monitor players for signs of dehydration, such as dry mouth, dizziness, and fatigue. Players showing signs of dehydration will be removed from activity, given water, and allowed to rest until they recover.

This policy is designed to ensure that players maintain adequate hydration, reducing the risk of heat-related illnesses and supporting optimal performance during league activities.