**SURPRISING SIGNS YOU ARE DEHYDRATED**

**By Cindy Slayton**

 Although this topic is not considered a BEST PRACTICE or way to officiate or work an event, it is still a very important topic to be aware of during these hot, long days on the track working the meets…DEHYDRATION! Whether you are the head official of an event or just on the crew, dehydration is something we should all be aware of as officials and coaches. One thing I have heard over and over again through the years as an athlete, coach, teacher, and official - **“If you are thirsty, it’s too late.”** Maybe these signs of dehydration will help you while officiating at future meets.

**8 Surprising Signs You Are Dehydrated**

1. **You’re in a Bad Mood**: **The side effects go way beyond thirst.**

Anger is no joke, and the same thing happens when you need water. When you’re dehydrated your more prone to irritability, fatigue, and mood changes.

1. **You have Bad Breath.**

Don’t be so quick to blame your bad breath on onion bagels and garlicky pastas – dehydration can minimize your saliva production, causing bacteria overgrowth and therefore bad breath.

1. **Your Muscles are Cramping.**

Muscles can seize up from heat, so if you aren’t getting enough water, you could experience cramping.

1. **You Crave Sweets.**

PMS isn’t the only thing that’ll make you want to reach for the nearest pack of Skittles (or XL sized chocolate bar). If you are suddenly craving sweets like nobody’s business, you could be hydrated. Without enough water, your body can have difficulty with glycogen production, sparking those cravings.

1. **Your Workout Sucked.**

Having trouble completing your standard workout? That doesn’t necessarily mean you’re out of shape. Dehydration reduces blood pressure, which causes the heart to work harder and therefore decreases exercise capacity.

1. **You Fail the Pinch Test.**

Dry skin is an obvious sign, but a better way to know if you.re dehydrated is to perform the pinch test. When you’re dehydrated, you’re skin lacks elasticity, so pinch you’re skin, and if it appears thin and doesn’t bounce back onto your body quickly, you’re probably dehydrated.

1. **You Have Blurred Vision.**

When you don’t have enough fluid in your body, your eyes can become dry and you’re vision can blur. If you’re experiencing blurred vision, definitely avoid driving or doing anything that could cause you serious harm and amp up your water intake.

1. **You Can’t Cry.**

If you’re crying and little to no tears come out, it could be a sign your body is seriously lacking water.

When our bodies are not at our best, accidents can happen. Safety has become an important issue for all of us. No matter how careful or experienced we are as officials at an event, accidents still can happen. One of our jobs as officials is to keep our venue and event as safe as possible. Being hydrated and alert are one of the many ways of helping avoid accidents. Have a great summer and let’s be careful out there.