

AHSAA
Position Statement on Intravenous Fluid Use
In High School Athletes

Purpose

To discuss the use of intravenous hydration/rehydration in athletes in the State of Alabama during practice or any competition.

Introduction

It has become increasingly common for athletes in the State of Alabama to receive intravenous fluids before, during, or after athletic participation in order to speed the rehydration process or to treat a condition that has caused dehydration. Often these athletes are allowed to return to competition minutes later, or on that same day which may place these athletes at an increased risk from further complications associated with the condition being treated.

Recommendations

It is the recommendation of the Medical Advisory Committee of the Alabama High School Athletic Association (AHSAA) that the use of intravenous fluid hydration/rehydration be used in athletes only in the case of medical necessity in order to prevent or treat cardiovascular collapse or in the treatment of severe heat induced illness, severe hypotension and shock, or other life-threatening condition that would benefit from intravascular fluid treatment.

The intravenous fluids can only be administered by, or under the direct supervision of a Medical Doctor with a license to practice Medicine in the State of Alabama, or by Emergency Medical personnel trained in the use and administration of intravenous fluids who have received a direct verbal or written order from a Medical Doctor.

If an athlete should require intravenous fluid therapy, he/she would not be allowed to participate in any athletic competition for the remainder of that day and will be required to have a written note from a Medical Doctor in order to return to competition in the 24 hours following the administration of intravenous fluids for any reason.