

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 or other health related emergencies.

Rule III. Section 27. Intravenous Fluid Use Policy read as follows:

An athlete requiring intravenous fluid treatment (hydration/rehydration) will not be allowed to participate in any athletic activity until cleared by a medical doctor and approved by the parents or guardian. A direct verbal or written order from a medical doctor is required.

Note: If any health care professional who is certified to do so administers an IV, the athlete must be cleared by a medical doctor and approved by parent before returning to play.

If an IV is administered during a contest, a team medical doctor must be on site to provide the verbal or written documentation- with parent approval- for the student-athlete to return to play for the remainder of the contest.