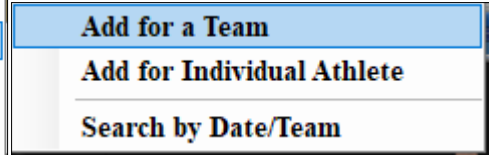
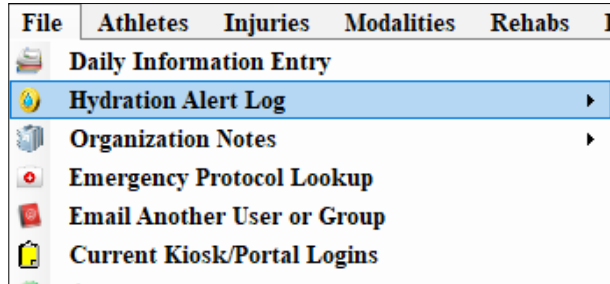
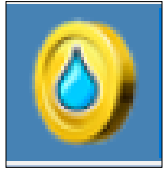


ATS: HAL (Hydration Alert Log) Usage

To begin using the HAL module you can click the icon shown below or you can go through the menu. Go to File—> Hydration Alert Log and choose from the options available. You can run a log for an entire team or an individual. You can also look up previous sessions.



HAL for a Team

Begin by filling out the header data, a date, team and type are required for saving but all other documentation is recommended. When you are ready select the team from the list and click Load Roster. The desired roster should then load automatically.

Athlete	Prev Entry	3-Day	Weight Before	Weight After	Chg	Chg % 1	2	Weight 2	Chg 2	Chg % 2

ATS: HAL (Hydration Alert Log) Usage

Once the team has loaded their starting weights from the previous entry (if there is one) will load in the Prev Entry box. This is for informational purposes it will not have an effect on this sessions calculations. Then save your session so it can be pulled back up after practice for the second weigh ins.

To open the desired session back up to enter the 2nd round of weights go to File—>Hydrations Alert Log—> Search by Date/Team. Enter the desired date and then pick the team's session you wish to open from those available on the list.

ATS: HAL (Hydration Alert Log) Usage

Once you have reopened your session enter your weight after practice in the Weight After column. Once you have entered all the weights click the blue Calc button at the bottom. It will calculate the Pounds change, the Percentage change and mark whether the athlete has triggered either of the preset alert levels and move those athletes to the top of the list. Be sure to save when finished.

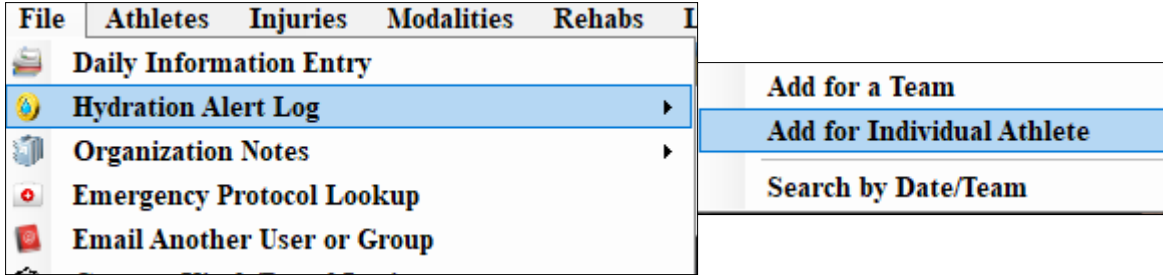
Athlete	Prev Entry	3-Day	Weight Before	Weight After	Chg	Chg %	1	2	Weight 2	Chg 2	Chg % 2
- Alert: True											
Flowers, Megan	116.00	0.00 - 01/01/2000	116.00	111	-5	-4.31	<input type="checkbox"/>	<input checked="" type="checkbox"/>			
Scully, Dana	145.00	0.00 - 01/01/2000	145.00	140	-5	-3.45	<input checked="" type="checkbox"/>	<input type="checkbox"/>			
- Alert: False											
Black, Ashley	110.00	0.00 - 01/01/2000	110.00	108	-2	-1.82	<input type="checkbox"/>	<input type="checkbox"/>			
Doe, Jane	123.00	0.00 - 01/01/2000	123.00	122	-1	-.81	<input type="checkbox"/>	<input type="checkbox"/>			
Fowler, Jen	122.00	0.00 - 01/01/2000	122.00	120	-2	-1.64	<input type="checkbox"/>	<input type="checkbox"/>			
Prius, Kara	115.00	0.00 - 01/01/2000	115.00	114	-1	-.87	<input type="checkbox"/>	<input type="checkbox"/>			
Shansky, Camie	165.00	0.00 - 01/01/2000	165.00	163	-2	-1.21	<input type="checkbox"/>	<input type="checkbox"/>			
Skilzo, Lindsey	108.00	0.00 - 01/01/2000	108.00	107	-1	-.93	<input type="checkbox"/>	<input type="checkbox"/>			
Smilson, Amanda	114.00	0.00 - 01/01/2000	114.00	112	-2	-1.75	<input type="checkbox"/>	<input type="checkbox"/>			

If the athlete will be around long enough for another weight check in the same day this can be entered in the Weight 2 column. This will use the Weight Before weight for the calculation as well.

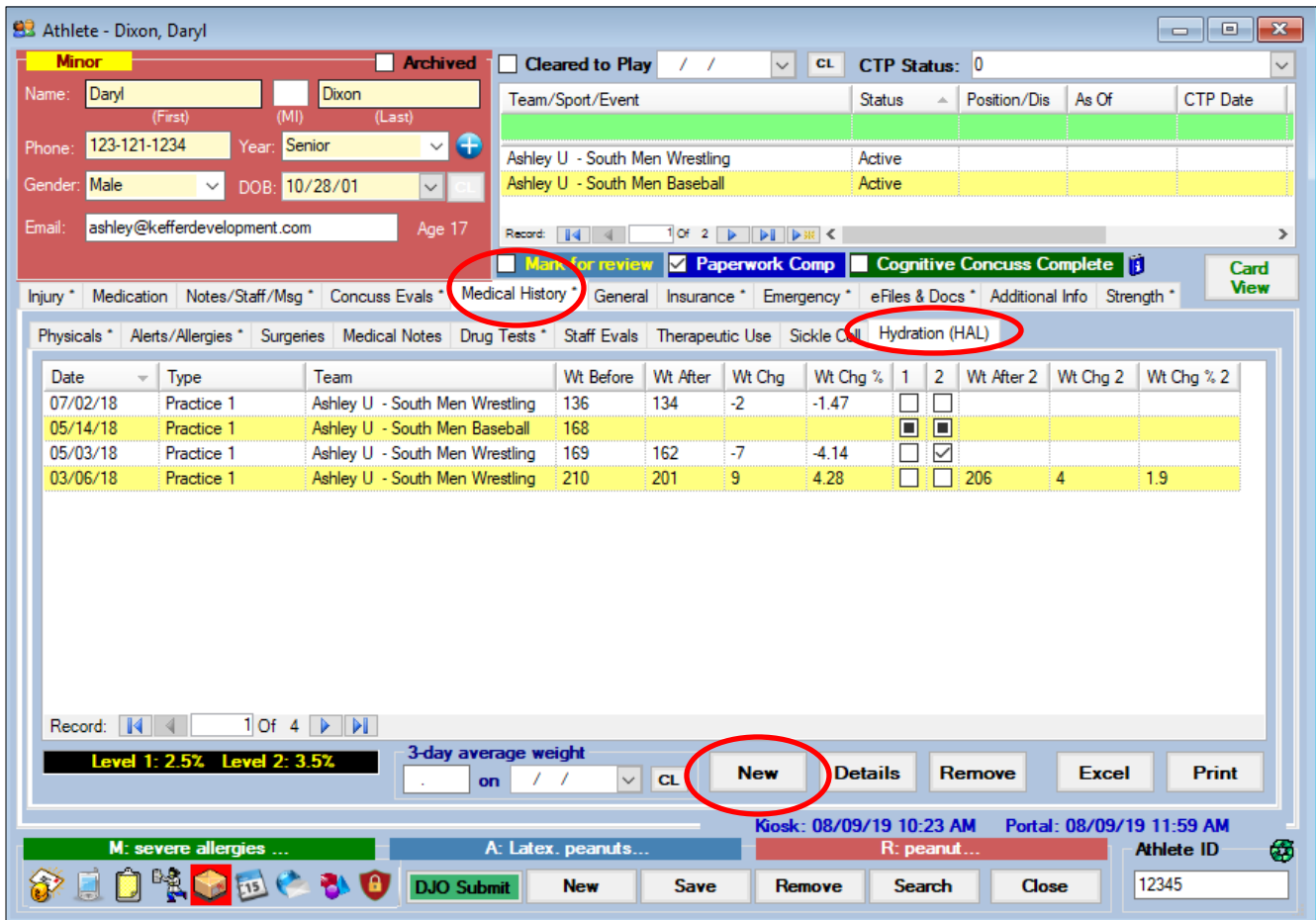
ATS: HAL (Hydration Alert Log) Usage

HAL for an Individual Athlete

There are two ways to begin a hydration log for an individual athlete. The first is from the menu, go to File—>Add for Individual Athlete—> and select desired athlete from the list.



The second is to go directly from that athletes profile. Open up the desired athlete—> click on the Medical History tab—> then click the Hydration (HAL) tab. This will show the record of any hydrations for the athlete (both individual and team records). To start a new one select the New button at the bottom of the tab.



ATS: HAL (Hydration Alert Log) Usage

Hydration Alert Log - Entry Details

Date: 08/12/19 10:30:50 AM Temp: Humidity: Heat Index: WBGT:

Type: Team:

Athlete: Dixon, Daryl Alert Triggered

Weight Before: Weight After: Change: Change %: Alert 1 Alert 2

Weight 2: Change 2: Change % 2:

Prev: 136.00 3-Day: 0.00 on 01/01/2000

Actions

Level 1: 2.5% Level 2: 3.5%

Again fill out the information, once you are done click save. To go back and enter the second weight after click on the desired session shown in their profile and click the details button, this will reopen that session.

Physicals * Alerts/Allergies * Surgeries Medical Notes Drug Tests * Staff Evals Therapeutic Use Sick Cell Hydration (HAL)

Date	Type	Team	Wt Before	Wt After	Wt Chg	Wt Chg %	1	2	Wt After 2	Wt Chg 2	Wt Chg % 2
08/12/19	Practice 1	Ashley U - South Men Baseball	135	132	-3	-2.22	<input type="checkbox"/>	<input type="checkbox"/>			
07/02/18	Practice 1	Ashley U - South Men Wrestling	136	134	-2	-1.47	<input type="checkbox"/>	<input type="checkbox"/>			
05/14/18	Practice 1	Ashley U - South Men Baseball	168				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
05/03/18	Practice 1	Ashley U - South Men Wrestling	169	162	-7	-4.14	<input type="checkbox"/>	<input checked="" type="checkbox"/>			
03/06/18	Practice 1	Ashley U - South Men Wrestling	210	201	9	4.28	<input type="checkbox"/>	<input type="checkbox"/>	206	4	1.9

Record: Of 5

Level 1: 2.5% Level 2: 3.5% 3-day average weight on / /

M: severe allergies ... A: Latex, peanuts... Kiosk: 08/09/19 10:23 AM Portal: 08/09/19 11:59 AM R: peanut... Athlete ID

ATS: HAL (Hydration Alert Log) Usage

HAL Reports

You do not have to sift through sessions or individual records when looking for information. There are several report options for HAL.

Go to Reports—> #25 HAL reports—> then choose the option that applies to what you are looking for.

The image shows a multi-level menu structure. The first level contains four items: '22. Mailing Labels', '23. General Reports', '24. NCAA Reports', and '25. HAL Reports'. The '25. HAL Reports' item is highlighted in blue. A second-level menu is open to the right of '25. HAL Reports', containing six items: '1. for a Specific Date', '2. for a Specific Date and Team', '3. Flagged Athletes', '4. Flagged Athletes by Team', '5. Athletes Missing Weight', and '6. Period Difference'. The '6. Period Difference' item is highlighted in blue. A third-level menu is open to the right of '6. Period Difference', containing four items: '1. All Athletes', '2. Individual Athlete', '3. For Team(s)', and '4. For an Organization'.

- 22. Mailing Labels
- 23. General Reports
- 24. NCAA Reports
- 25. HAL Reports**
 - 1. for a Specific Date
 - 2. for a Specific Date and Team
 - 3. Flagged Athletes
 - 4. Flagged Athletes by Team
 - 5. Athletes Missing Weight
 - 6. Period Difference**
 - 1. All Athletes
 - 2. Individual Athlete
 - 3. For Team(s)
 - 4. For an Organization
- 26. QR Code Reports