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.

File Athletes Injuries Modalities Rehabs I	
Daily Information Entry	Add for a Team
Hydration Alert Log	Add for a feam
Organization Notes	Add for Individual Athlete
Emergency Protocol Lookup	Search by Date/Team
Email Another User or Group	
Current Kiosk/Portal Logins	

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.

<u> </u>						
🥹 Hydration Alert Log	g (HAL)					
Date: / /	:: +	V Now Temp	: Humidity	: Heat Ind	ex: WBC	iT: None 🚺
Туре:		✓ Team	:			Load Roster
Athlete	Prev Entry	3-Day	Weight Before	Weight After Chg	Chg % 1 2	Weight 2 Chg 2 Chg % 2
- Alert: (none)						
0						
Record:	0 Of 1 🕨	▶○○○○○○○○○○○○○○○○○○○○○○○○○○○○○○○○○○○○	Leve	1:2.5% Level 2	: 3.5%	
1 📰 🗑 资		Note Calc	Remo	ove Save	Excel	Print Close

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.

🥹 Hydration Alert Log (HA	L)									
Date: 08/12/19 8:58:2	9 AM 😫 🗸	Now Temp:	Humidit	y: He	eat Ind	ex:	WB	GT:	1	lone 🚺
Type: Practice 1		✓ Team:	Ashley U - Sout	n Women Wom	ens Soc	cer			- Lo	ad Roster
Athlete	Prev Entry	3-Day	Weight Before	Weight After	Chg	Chg % 1	2	Weight 2	Chg 2	Chg % 2
- Alert: (none)										
Black, Ashley	111.00	0.00 - 01/01/2000	110							
Doe, Jane	125.00	0.00 - 01/01/2000	123							
Flowers, Megan	117.00	0.00 - 01/01/2000	116							
Fowler, Jen	122.00	0.00 - 01/01/2000	122]			
Prius, Kara	116.00	0.00 - 01/01/2000	115							
Scully, Dana	145.00	0.00 - 01/01/2000	145							
Shansky, Carrie	167.00	0.00 - 01/01/2000	165							
Skilzo, Lindsey	108.00	0.00 - 01/01/2000	108							
Smilson, Amanda	114.00	0.00 - 01/01/2000	114							
Record: 14 9	Of 9 🕨 🕨		Lev	el 1: 2.57		3.5%				
📰 📾 🕉 🖡		Note Calc	Rem	ove Si	ave	Exce		Print	T	Close

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.

Add for a Team

Add for Individual Athlete

Search by Date/Team



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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 the 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.

Hydration Alert Log (HAL)						
Date: 08/12/19 12:0	0:00 AM 🗘	V Now Tex	p: Humid	dity: <u> </u>	at Index:	WBGT:	None
ype: Practice 1		✓ Tea	m: Ashley U - So	uth Women Wom	ens Soccer		Load Roster
Athlete	Prev Entry	3-Day	Weight Before	e Weight After	Chg Chg	% 1 2 Weigh	t 2 Chg 2 Chg % 2
Alert: True					•		
Flowers, Megan	116.00	0.00 - 01/01/2000	116.00	111	-5 -4.31		
Scully, Dana	145.00	0.00 - 01/01/2000	145.00	140	-5 -3.45		
Alert: False							
Black, Ashley	110.00	0.00 - 01/01/2000	110.00	108	-2 -1.82		
Doe, Jane	123.00	0.00 - 01/01/2000	123.00	122	-181		
Fowler, Jen	122.00	0.00 - 01/01/2000	122.00	120	-2 -1.64		
Phus, Kara Shanaku, Cania	115.00	0.00 - 01/01/2000	115.00	114	-18/		
Skilzo, Lindeev	103.00	0.00 - 01/01/2000	105.00	107	-2 -1.2		
Smilson Amanda	114 00	0.00 - 01/01/2000	114 00	112	-133		
Simison, Amanda	114.00	0.00 01/01/2000	114.00	112	2 1.75		
		NII N W			10.05		
		A 1 1 A 215		vel 1:25%	evel 2: 3.5	7	
cord: 🚺 🖣	019						

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.

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.

File	Athletes Injuries Modalities	Rehabs	I	
9	Daily Information Entry			All for a Trans
	Hydration Alert Log	•		Add for a feam
া	Organization Notes			Add for Individual Athlete
	Organization Notes			
0	Emergency Protocol Lookup			Search by Date/Team
0	Email Another User or Group			
-				

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.

😫 Athlete - Dixon, Daryl						
Minor Archived	Cleared to Play	/// ~	CL CTP St	atus: 0		~
Name: Daryl Dixon	Team/Sport/Event		Status	▲ Position/Dis	As Of	CTP Date
(First) (MI) (Last)						
Phone: 123-121-1234 Year: Senior 🗸 🛨	Ashley U - South Me	n Wrestling	Active			
Gender: Male V DOB: 10/28/01 V OL	Ashley U - South Me	en Baseball	Active			
En alte andere Glasffandere la en ante						
Email: ashiey@kerrerdevelopment.com Age 17	Record: 14 4	1 OF 2	×			>
	Man. for review	Paperwork	Comp Cogn	itive Concuss Co	mplete 🚺	Card
Injury * Medication Notes/Staff/Msg * Concuss Evals * Medi	cal History General	Insurance * Eme	rgency * eFiles &	Docs * Additional	Info Strength*	View
Physicals * Alerts/Allergies * Surgeries Medical Notes Drug	Tests * Staff Evals	Therapeutic Use	Sickle CNL Hydra	tion (HAL)		
Date - Type Team	Wt Before	Wt After Wt Chg	Wt Chg % 1	2 Wt After 2	Wt Chg 2 Wt (Chg % 2
07/02/18 Practice 1 Ashley U - South Men Wre	estling 136	134 -2	-1.47		_	
05/14/18 Practice 1 Ashley U - South Men Bas	eball 168					
05/03/18 Practice 1 Ashley U - South Men Wre	estling 169	162 -7	-4.14			
03/06/18 Practice 1 Ashley U - South Men Wre	estling 210	201 9	4.28	206	4 1.9	
Record: 1 of 4 1 of 4 3-day aver Level 1: 2.5% Level 2: 3.5%	age weight 1 / / ♥	CL New	Details	Remove	Excel	Print
		Kios	k: 08/09/19 10:	:23 AM Portal:	: 08/09/19 11 :	59 AM
At severe allergies A	: Latex. peanúts		R: pe	eanut	Athle	te ID 🤯
😵 📃 🗍 👯 🔛 🐼 🏞 🤨 DJO Subn	nit New	Save R	emove Sea	arch Clos	e 1234	5

Hydration Aler	t Log - Entry Details			
Date: 08/12/1	9 10:30:50 AM 🗦 🗸 🛛	Now Temp: Hui	nidity: Heat Index	: WBGT:
Туре:		✓ Team:		• None 📋
Athlete: Dixo	n, Daryl	• 👸 🛄		Alert Triggered
Weight Before:	Weight After:	Change:	Change %:	Alert 1 Alert 2
Weight 2:	Change 2:	Change % 2:		
Prev: 130	5.00	3-Day: 0.00 on 01/01/2000		
Actions				
Level 1:	2.5% Level 2: 3.5%	Calc	Save F	Remove Close
L				

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.

Data	Terr	1	_			WA Defens	144 44	MA Cha	MAR Char				1000	2 MA Ch = 9/
Jale	Deption 1	Tea	m m	Cault Ma	Develop	105	100	wit Ong	a aa	~ I	2	WI Alter 2	wreng	-
8/12/19 7/02/19	Practice 1	Ashi	ey U - :	South Mer	1 Baseball	130	132	-3	-2.22					
5/14/10	Practice 1	Ash		South Mer	Paceball	100	1.34		-14/					
5/14/10 5/02/19	Practice 1	Ashi Ashi	ey U - a	South Mer	i Dasebali Wreetling	100	162	.7	-4.14					
3/06/18	Practice 1	Ash	ev II - 1	South Mer	n Wrestling	210	201	9	4.14			206	4	19
						• • • • • • • • • • • • • • • • • • • •								
Jacob Id														
Record:] 4 1	Of 5 🕨												
Record:	1: 2.5% Leve	Of 5 ▶		3-day a	average we	sight / v	CL	New	Deta	iils	Re	emove	Exc	æl Pr
Record: 🚺	1: 2.5% Leve	Of 5 🕨		- 3-day a	average we on /	sight /	CL	New	Deta	iils	Re	emove M Port	Exc	el Pr

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.

