

## **STUDENT SENATE BILL 2023-1157**

**TITLE: Resolution Recognizing the Need for Access to Hydration Resources on Campus**

**AUTHOR(S): Senator Paige Kleppe, Senator Elsa Brantmeyer**

**SPONSORS: Rules and Ethics Chairwoman Lilliana Clark, Senator Monish Vijayaraghavan, Senator Ayesha Khuddus, Senator Owen Lekebusch, Member at Large Isabel Ponce, Senator Samantha Kinggard, Senator Julia Seifer**

**WHEREAS**, dehydration can lead to significant health problems, including fatigue, headaches, and decreased physical performance, particularly in warm climates like Florida's [1]; and,

**WHEREAS**, student athletes, recreational sports participants, and physically active individuals within the University of Florida require proper hydration to optimally perform and maintain their health [2]; and,

**WHEREAS**, Gatorade, originally created by researchers at the University of Florida, provides not only hydration but also essential electrolytes lost during physical activities [3]; and,

**WHEREAS**, the core of this resolution is to enhance student wellness by providing free Gatorade at crucial locations across campus, such as the infirmary, Southwest Recreation Center, and various other spaces, recognizing its role in hydration and replenishing essential electrolytes during physical activities; and,

**WHEREAS**, the presence of free hydration options like Gatorade can be a vital part of emergency medical response for heat-related illnesses; and,

**THEREFORE, LET IT BE RESOLVED** that the University of Florida Student Senate recognizes the importance of proper hydration for students' physical health and athletic performance.

**THEREFORE, LET IT FINALLY BE RESOLVED** that the University of Florida Student Senate recognizes the need to provide free Gatorade at various locations on campus as part of a broader commitment to student wellness.

*Proviso: A copy of this resolution shall be sent to University of Florida President Ben Sasse, Vice President for Student Life Dr. Heather White, Director of Recreational Sports Laura Hall, and Student Health Care Center Director Jocelyn Gravlee.*

[1] <https://www.mdanderson.org/patients-family/diagnosis-treatment/emotional-physical-effects/dehydration.html>

[2] <https://www.betterhealth.vic.gov.au/health/healthyliving/Exercise-the-low-down-on-water-and-drinks>

[3] <https://research.ufl.edu/publications/explore/v08n1/gatorade.html>