



PLAYER RESOURCES 2017

Hydration

PLAYER DEVELOPMENT JOURNAL

HYDRATION

This information is adapted from: *S Rancinais et al, 'Consensus recommendations on training and competing in the heat' published 11 June 2015.*

Dehydration is fluid loss that occurs during exercise, mainly due to sweating and breathing. It makes athletes more susceptible to fatigue and muscle cramps. Not drinking enough fluid before, during and after exercise may lead to excessive dehydration, heat exhaustion and heat stroke.

Hydration Routine

- Drink approximately **6mL per kilogram of body weight before training or matches** in order to start exercise hydrated
- **After exercise** rehydrate adequately
- Eat food, or drink fluids, that are easily digestible and contain carbohydrate, protein and sodium (salt) to aid rehydration
- Low fat chocolate milk is recommended after training or matches as it contains protein, carbohydrate and sodium

How much fluid do I need?

- If 1kg of weight is lost during physical activity, drink 1L to 1.5L of fluid to rehydrate within one hour following training or matches

Points to consider

- Dehydration may cause a decrease in performance
- Aim to drink enough to replace lost fluids, but not more
- Drinking too much fluid can lead to a dangerous condition known as hyponatraemia (low blood sodium)
- Sports drinks are not recommended as regular fluid replacements due to the potential for tooth decay
- On hotter days drink a little more than usual

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Urine Color Chart

The following urine colour chart (*sourced and adapted from NSW Health 'Beat the Heat' web page*) provides a simple way for players to self-assess whether they need to hydrate (*drink fluids*).

Hydration and Dehydration

'Hydrated' means you are drinking enough and 'dehydrated' means your body has lost water and you need to drink fluids to make up for the loss.

ARE YOU DRINKING ENOUGH?

	<ul style="list-style-type: none">• Hydrated – you are drinking enough• Keep drinking at the same rate
	<ul style="list-style-type: none">• Somewhat dehydrated• Drink a large glass of fluid now
	<ul style="list-style-type: none">• Dehydrated• Drink 2 – 3 glasses of fluid now
	<ul style="list-style-type: none">• Very Dehydrated• Drink a large bottle of fluid immediately

Be Aware: *If you are taking single vitamin supplements or multivitamin supplements, some of the vitamins in the supplements can change the colour of the urine for a few hours, making it bright yellow or discoloured.*