

# HYDRATION

Hydration is extremely important for athletes, especially in hot summer conditions. Here are a few facts and tips to help ensure that players are adequately hydrated.

## WATER IS BEST!

Take in 400-600ml of water 2-3 hours prior to the match or training session

Can tell when properly hydrated – pee is pale/clear straw colour

Drink during stoppages of play, especially during half-time. Cold beverages can also help cool the body

Drink small amounts at a time rather than chugging large amounts at once



Water best unless training for more than an hour.

If training for longer periods or high intensity - choose a drink that provides some carbohydrates for energy.

- Diluted fruit juice
- Sports drink

## Signs and Symptoms of Dehydration

Dehydration:

- Decreased energy and concentration
- Nausea
- Fatigue
- Headaches

Severe Dehydration:

- Dizziness
- Vomiting
- Disorientation
- Weakness
- Flushed skin
- Shortness of breath

**The best way to avoid the effects of dehydration is to prevent it!!**