

HYDRATION

Dehydration is one of the primary reasons members miss rehearsals and performances. Please read these pages to learn valuable information about dehydration and how best to stay hydrated.

SIGNS & SYMPTOMS OF DEHYDRATION

- Lack of concentration
- High perceived exertion during exercise
- Trouble tolerating heat
- Delayed recovery
- Muscle cramps
- Headache
- Nausea/vomiting
- Racing heart or “weird” rhythms
- Increased tiredness, impatience, sleepiness.

THREE INDICATORS OF DEHYDRATION

You are likely dehydrated if two or more of these markers are outside of the normal range.

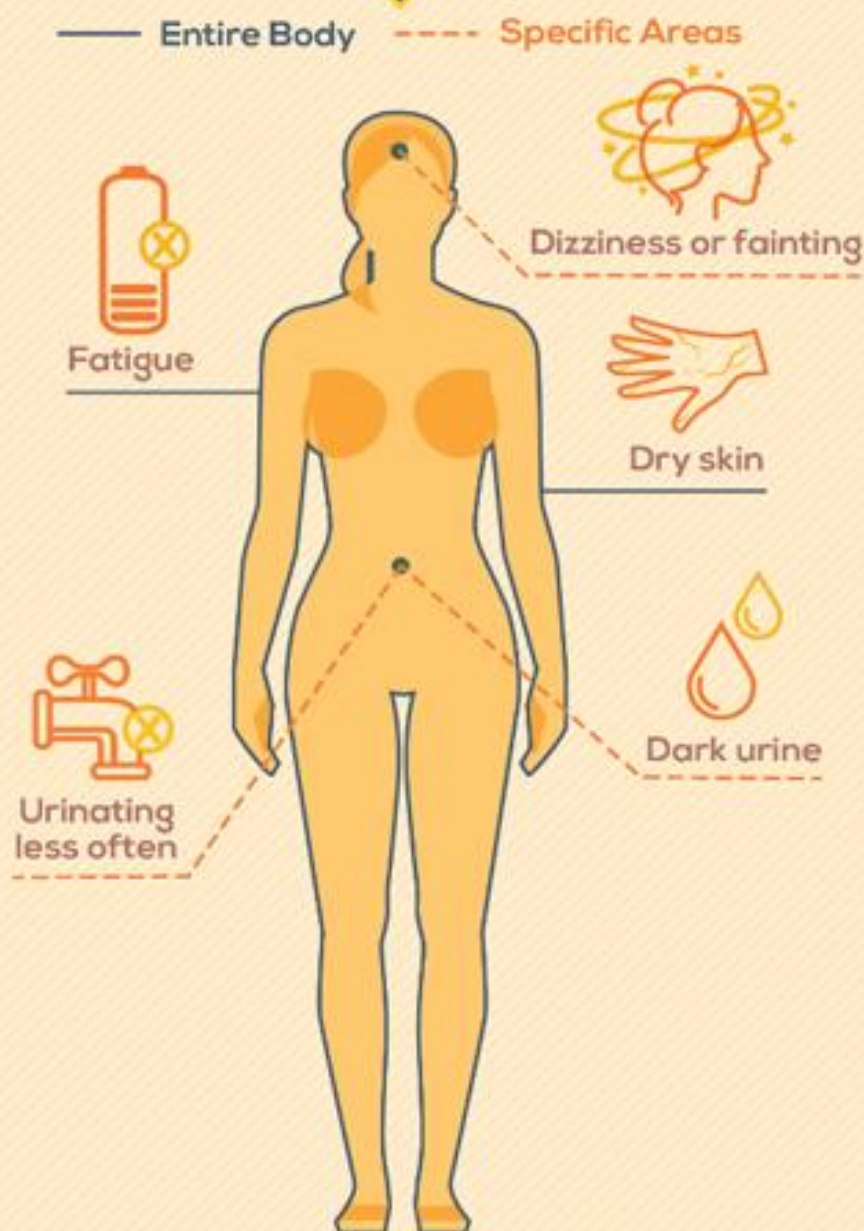
- Morning urine is dark.
- Body weight is lower than usual when you wake.
- Greater than usual thirst.

HYDRATION PROTOCOL/FLUID INTAKE RECOMMENDATION

- Before exercise
 - 2-3 hours before: >16 fl oz. (+ 8-16 MORE fl oz on really hot days)
 - 15 minutes before: 8 fl oz.
 - ESTIATED TOTAL:
 - 1/3 to 1/2 of a jug.
- During exercise
 - Around 7-10 fl oz for every 10-20 minutes of exercise
 - ESTIMATED TOTALS
 - 3 hour block: 90 fl oz (3/4 of a jug)
 - 4 hour block: 120 fl oz (1 jug)
- After exercise
 - Around 64 fl oz to replace fluids within 2 hours
 - ESTIMATED TOTAL:
 - 1/2 jug
- During Meals
 - >16 fl oz at meals

SIGNS YOU MAY BE DEHYDRATED

Thirst isn't the only clue. Stay alert for these symptoms:



Sources: MedlinePlus. KidsHealth. Mayo Clinic.

ARE YOU HYDRATED?

DON'T WAIT UNTIL URINE TROUBLE.

Products with caffeine should be avoided before practice and competition (supplements, energy drinks, etc...) Sports drinks can provide supplementary electrolytes, but water is KEY!

Monitor your urine color with the chart below. Don't let dehydration take you off the field!



HIGHLY DEHYDRATED

Go drink a large bottle of water immediately.

SERIOUSLY DEHYDRATED

You are still seriously dehydrated. Drinking a bottle of water now will make you feel much better.

MODERATELY DEHYDRATED

You lose water on a regular basis throughout the day. Drink more water.

PROPERLY HYDRATED

You're almost there. Get some water in your system to flush out all those toxins from your workout. Stay hydrated and healthy!

HYDRATED & HEALTHY

Great job! To stay hydrated, experiment during training to find the amount of fluid to drink that feels comfortable and allows you to perform at your best (6 - 12 glasses/day).



If you have questions, the Resource Exchange Center(REC) has answers. Protect your health and eligibility, submit nutritional/dietary supplement and drug questions to your ATC, physician, and the REC for review.