

# HYDRATION STATION



HYDRATION CAN BE A GAME CHANGER FOR OUR HEALTH AND PERFORMANCE IF WE GET IT RIGHT. AVOIDING DEHYDRATION IS CRUCIAL TO ALLOW MUSCLE CONTRACTION, MAINTAIN BRAIN FUNCTION AND MAKE FAST DECISIONS.

## DAILY WATER TARGETS BASED ON WEIGHT

50-60KG → ~1.8L

60-70KG → ~2L

70-90KG → ~2.5L

90KG + → ~2.8L

\*Approximates taken from 30-35ml/kg bodyweight

## TIPS TO STAY HYDRATED

- Drink regularly throughout the day + include water with meals/snacks
- Sip water regularly during exercise
- Replace 150% losses post game and training
- Fluid filled foods can contribute to fluid intake (e.g. watermelon, yoghurt, custard)
- If you don't enjoy the taste of water, try fruit infusions, cold tea, diet cordial



**Your morning urine colour is an indication of your hydration level. Assess and take action to keep your hydration in check**



### HYDRATED

Pale and odourless urine is an indication you are well hydrated. Continue to drink throughout the day according to thirst

### MIDLY DEHYDRATED

You are probably hydrated, but you may need to drink water soon

### DEHYDRATED

It is time to hydrate. Drink 2-3 glasses of water now

### VERY DEHYDRATED

Darker urine is a sign you are dehydrated. Drink a bottle of water as soon as possible

Drink additional fluids to thirst, especially if you are sweating excessively or physically active

## SIGNS OF DEHYDRATION

- Low concentration
- High perceived exertion
- Delayed recovery
- Muscle cramps
- Headache
- Nausea/vomiting
- Heart palpitations
- Racing heart