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.

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

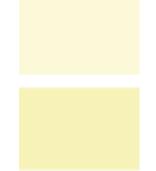
DAILY WATER TARGETS BASED ON WEIGHT

90KG + ~2.8L

*Approximates taken from 30-35ml/kg bodyweight

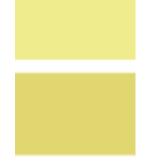
Drink additional fluids to thirst, especially if you are sweating excessively or physically active

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



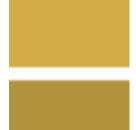
MIDLY DEHYDRATED

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



DEHYRATED

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



VERY DEHYDRATED

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

SIGNS OF DEHYDRATION

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