









Adequate Hydration

Not drinking enough fluids can cause tiredness as well as decreased muscle activity and concentration. High levels of dehydration may increase the risk of heat stress. To decrease the risk of dehydration and heat stress fluid should be consumed before, during and after activity. The more athletes sweat, the more fluid they must consume to avoid dehydration.

A simple way to monitor your hydration status is using the urine colour chart.

HYDRATION CHART

HYDRATED Safe Zone	1	
	2	
	3	
DEHYDRATED Danger Zone	4	
	5	
	6	
	7	
	8	

If your colour urine matches 1 – 3 you are adequately hydrated.

If your urine matches 4 – 8 you need to drink more fluids.

Note: Vitamin supplements can affect the colour of urine for a few hours making it bright yellow or discoloured.

Sports Medicine Australia recommends participants drink at least 7-8 ml of fluid per kg of body mass no more than 2 hours before exercising to promote adequate

hydration and allow time for excretion of excess water. During exercise it is recommended that participants should drink fluid at regular intervals to replace water lost through sweating. With carnivals, where multiple games are to be played it is a good idea to start the hydration process 1-2 days prior to the event.

**Recommended Fluid Intake
2hrs before playing/training**

Body Weight (kg)	Fluid Intake (mL)
30	210-240
35	245-280
40	280-320
45	315-360
50	350-400
55	385-440
60	420-480
65	455-520
70	490-560
75	525-600
80	560-640
90	630-720
100	700-800

**Recommended Fluid Intake
Whilst Playing/Training**

Body Weight (kg)	Fluid Intake (mL)
30	90
35	105
40	120
45	135
50	150
55	165
60	180
65	195
70	210
75	225
80	240
90	255
100	270

- This may vary dependent on the rate of sweating.
- Fluid taken should be cooler than the ambient temperature.
- Water is an adequate fluid option for activities lasting up to one hour.
- Activities exceeding 1hr are recommended to use carbohydrate-based sports drinks as a means of replacing fluids, carbohydrates and electrolytes lost during prolonged activity.
- Post-event rehydration can take 24 hours or more.

Information gathered from Sports Medicine Australia Policy on Preventing Heat Illness in Sport.

If you require any further information please contact one of our physiotherapists at our clinic on (02) 46473373.