

HOW TO HYDRATE

Dehydration can have a huge impact on performance during competition so it is essential that you know how to stay hydrated so you can play your best

HOW DO I KNOW IF I'M HYDRATED?



NOT ENOUGH FLUID

A dark urine color can indicate dehydration



JUST RIGHT!



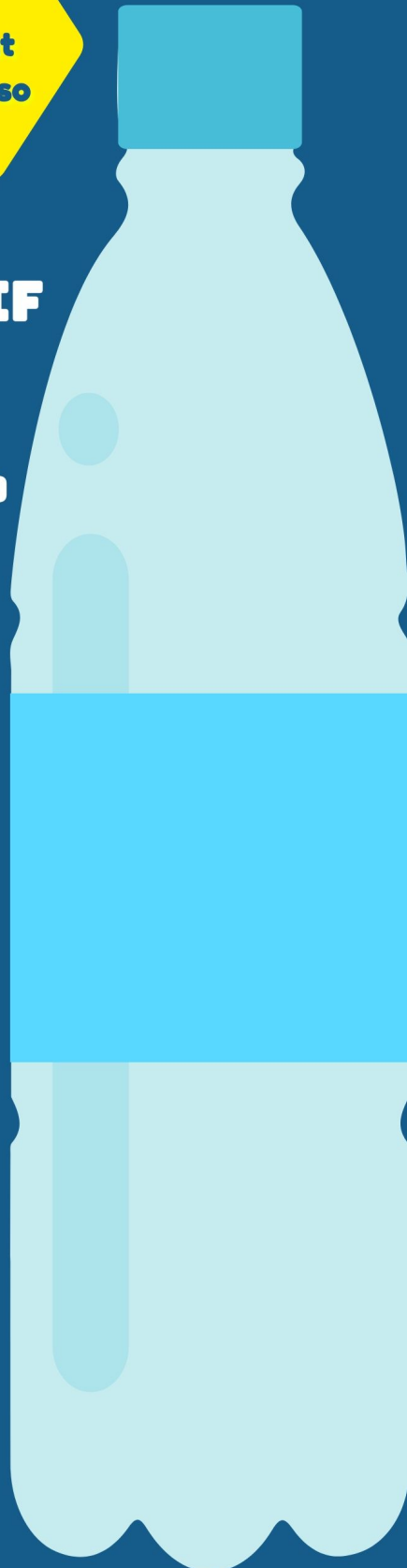
TOO MUCH FLUID

A pale urine color can indicate overhydration

DURING COMPETITION ATHLETES MAY HAVE A SWEAT LOSS RATE AS HIGH AS

2.5 L/H

This is over half a gallon of sweat lost in a single hour!



0.5-1L

Young athletes should be drinking a minimum of 0.5 to 1 liter above the baseline for children not in sports

WHAT SHOULD I DRINK?

Choosing the right drink is an important part of staying hydrated while competing



During competition, water is a good choice when paired with a small, salty snack to keep your energy up. This can help with water retention and dehydration.



A carbohydrate-filled sports drink is a great way to replenish fluids and energy stores.



Energy drinks can actually increase your risk of dehydration and dangerously increase your heart rate.