



Tips for Hydration Before, During & After Activity

Being properly hydrated for a game or practice begins in the hours and even days before the opening whistle.

How Your Athletes Can Make Hydration Part of their Daily Lifestyle

Carry a water bottle with them

Drink water with meals

Mix in water-rich foods like smoothies, fruits and vegetables

Tips for Preparing on Game Day

Before

Drink 16 oz of water at least 2 hours ahead of time.

8-16 oz right before the practice/game.

During

Drink at least 4-6 oz of fluid every 15-20 min.

1 gulp = approx. 1 oz.

After

Replace lost fluids and electrolytes with a drink such as a smoothie and/or water-rich foods (fruits and veggies).

Dehydrated or Overhydrated?

Dehydration

Loss of water from body

Body fluids become hypertonic

Thirst, dark urine, small volume of urine

Lethargy, raised pulse, low blood pressure

Extreme:

Brain damage, seizure, death

Overhydration

Extra intake of water

Body fluids become hypotonic

Clear, large volumes of urine

Confusion, drowsiness, delirium, nausea

Extreme:

Seizures, coma, death

Overhydration

Over-hydration happens when too much water is consumed and an athlete's electrolyte balance is dangerously diluted. This is a very serious condition and anyone who might be overhydrated should seek medical attention.

What about "Fluid Replacement" and Sport Drinks?

Activity for less than 60 minutes:

Water is the best source for hydration.

Activity for 60+ minutes:

Sports drink with carbohydrates may be a helpful source of energy.

Look for drinks that are 6-8% carbohydrate concentration with small amounts of sodium and electrolytes (great for absorbing liquids and replacing what is lost in sweat).

References: Aja Gyimah, RD (2020) "Athletic Performance and Relative Energy Deficiency in Sport"
US Lacrosse (2019) "Hydration for Athletes"