HYDRATION TIPS AND FLUID GUIDELINES

• Drink according to a schedule based on individual fluid needs.
• Drink before, during and after practices and games.
• Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
• Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
• Drink early - by the time you're thirsty, you're already dehydrated.
• In general, every 10-20 minutes drink at least 7-10 ounces water or sports drink to maintain hydration, and remember to drink beyond your thirst.
• Drink fluids based on the amount of sweat and urine loss.
• Within two hours, drink to replace any weight loss formal exercise.
• Drink approximately 20-24 ounces of sports drink per pound of weight loss.
• Dehydration usually occurs with a weight loss of two percent of body weight or more.

WHAT TO DRINK DURING EXERCISE

• If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
• The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
• During events when a high rate of fluid intake is necessary to sustain hydration. Sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
• Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
• Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
• Salt should never be added to drinks, and salt tablets should be avoided.
• Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.