



Hydration Education

Not drinking enough fluids (dehydration) causes tiredness, reduces muscle activity and decreased concentration.

It is extremely important to be well hydrated before you start training and before playing a game.

You need to drink enough to replace the fluid you lose through sweating.

- **Check your body weight before and after training or playing.**
- **1kg of weight = 1 litre of water.**
- **Aim for 1.5 times the body weight you have lost. If you lose 1kg, you should drink 1½ litres of fluid.**
- **Next time you train or play you will know how much water you should drink during training or playing to meet your losses.**
- **Sports drinks are a good choice to replace energy and salts also lost through sweating and exercise. Can be diluted by up to 50% to reduce wastage without loss of effectiveness.**

HYDRATION CHART

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

Note:
Colours are not accurate and will vary, basically the lighter and clearer the urine, the better Hydrated you are.

This Urine Colour Chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day in order to stay properly hydrated.

If the colour of your urine matches the colours numbered **1, 2 or 3**, then **you are hydrated**.

If your urine matches the colours numbered **4 through to 8**, then **you are dehydrated** and need to take in or drink more fluid.

Be Aware!

If you are taking single vitamin or multivitamin supplements, some of the vitamins in the supplements can change the colour of your urine for a few hours, making it bright yellow or discoloured.

If you are taking vitamin supplements, you may need to check your hydration status using a more detailed Hydration Check and Body Weight Log.