

DEHYDRATION

Dehydrated athletes do not perform well. Fluid loss through sweating directly impacts strength, endurance, power and cognitive abilities. Excessive fluid loss may cause an athlete to feel fatigued, weak, irritable, nauseous, dizzy, and even disoriented. Dehydration occurs when athletes fail to drink enough liquids to replace fluids lost through perspiration or urine output.

Other causes include:

- Inadequate fluid intake
- Profuse sweating
- Reduced electrolyte intake
- Injection of hypertonic solutions, such as intravenous solutions while under medical care
- Ingestion of diuretic substances (e.g., salt, caffeine)

Guidelines to Prevent Dehydration

1. Two to three hours before a workout or competition:

Have the athlete drink 2 cups (16oz) of fluid.

2. One hour before a workout or competition:

Have the athlete drink 1 cup (8 oz) of fluid.

3. 15 minutes before a workout or competition:

Have the athlete drink 1/2 cup (4 oz) of fluid.

4. Before a workout or competition:

Weigh each athlete.

5. Every 10 to 20 minutes during a workout or competition:

Have the athlete drink 1/2 cup (4oz) of fluid.

6. After a workout or competition:

Weigh each athlete and have the athlete drink 2 cups (16oz) of fluid for every pound of weight lost.

Guidelines for Re-hydration

1. Athlete should drink cool fluids, such as water.
2. Athlete should drink four, 8 oz. servings of fluid for every 1000 calories expended.