

Dehydration and heat stress = poor performance

Avoid heat stress and poor performance by adequate fluid replacement during your sport or activity.

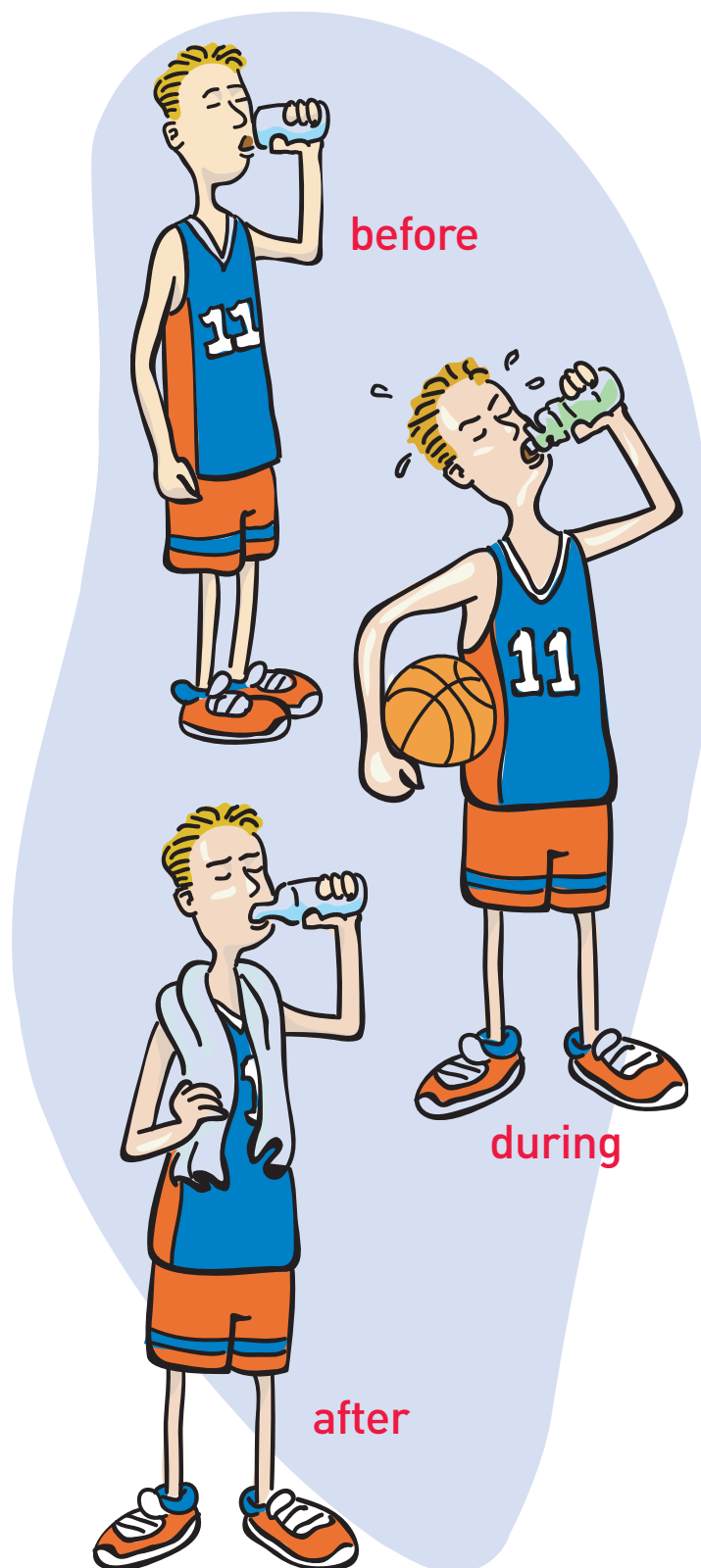
- Exercise in hot or humid weather will result in additional fluid loss and increase the risk of dehydration
- Even small degrees of dehydration will cause a decrease in exercise performance
- Dehydration contributes to fatigue and may make you susceptible to cramps, heat stress and heat stroke
- Players, umpires, coaches, officials and spectators can be affected by heat
- Children are at much greater risk of heat stress.

Drink Up using the following measures

- Drink plenty of fluids
- Don't wait to feel thirsty, thirst is a poor indicator of fluid needs
- Although water replaces fluids, sports drinks (containing 4-8% carbohydrate and small amounts of electrolytes) provide:
 - Additional energy from carbohydrate which can delay fatigue and enhance performance, especially during prolonged events
 - Salts (electrolytes) which aid the rehydration process
- Flavoured drinks such as sports drinks and low concentration cordial, as a result of their taste, may encourage fluid consumption more than plain water
- Cool fluids may be absorbed more rapidly than warmer fluids.

Your Drink Up routine

- Avoid starting exercise dehydrated. Drink plenty of fluids for several hours prior to exercise
- If you are well hydrated you should be able to pass a good volume of clear urine in the hour before exercise
- **Drink at least 500ml (2-3 glasses) 1/2 to 1 hour before exercise**
- **Drink at least 200ml (1 glass) every 10-15 minutes during exercise**
- **During exercise take advantage of all breaks in play to drink up**
- **After exercise drink liberally to ensure you are fully re-hydrated.**



How much fluid do I need?

You can assess your fluid requirements by weighing yourself before and after exercise.

- ▣ 1kg lost = 1 litre of fluid deficit
- ▣ 2kg lost = 2 litres of fluid deficit
- ▣ Aim to keep these fluid losses to a minimum by drinking before, regularly during and then after exercise
- ▣ Sweating and fluid losses continue after exercise. After exercise aim to replace at least 1.5 times the amount of fluid deficit, measured at the end of exercise.

Other ways to Beat the Heat

- ▣ Wear light clothing – light in colour, light in weight
- ▣ Wear a hat
- ▣ Wear a 30+ sun-screen to prevent skin damage and skin cancer
- ▣ Wear sunglasses to protect your eyes.

Symptoms of heat injury or heat stroke

It is important that you are aware and react quickly to the following symptoms of heat injury.

- ▣ Fatigue
- ▣ Nausea
- ▣ Headache
- ▣ Confusion
- ▣ Light headedness.

Beat the Heat Emergency Plan

- ▣ Lie the victim down
- ▣ Loosen and remove excessive clothing cool by fanning
- ▣ Give cool water to drink if conscious
- ▣ Apply wrapped ice packs to groins and armpits
- ▣ SEEK MEDICAL ASSISTANCE.

