

# Hydration Guide

**Fluid Recommendations:**  
8 – 13 (8oz) glasses daily

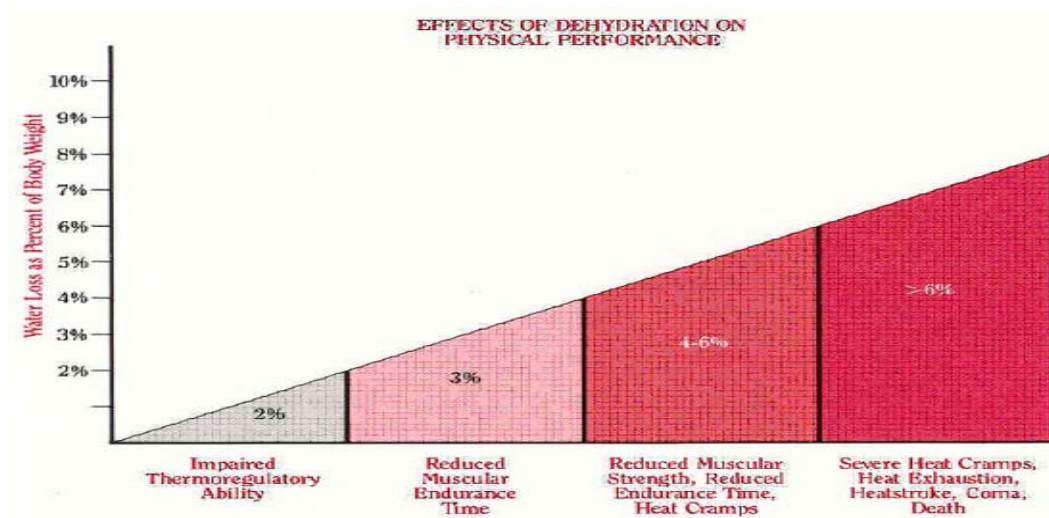
## Causes of Dehydration:

- Inadequate fluid intake
- Profuse sweating
- Failure to replace losses after exercise
- Exercising in hot weather
- Relying on thirst to hydrate



**Signs of Dehydration:** *Swimmers are particularly vulnerable to dehydration because they are unaware of their sweat volume and body temperature.*

- headache or dizziness
- nausea or vomiting
- weakness or reduced performance
- irritability
- irrational behavior
- inability to concentrate
- fatigue
- muscle cramps
- confusion or disorientation



# Dehydration

For regular exercisers maintaining a constant supply of water in the body is essential to performance. Dehydration leads to muscle fatigue and loss of coordination. Even small amounts of water loss may hinder athletic performance.

In a dehydrated state the body is unable to cool itself efficiently, leading to heat exhaustion and possibly heat stroke. Without an adequate supply of water the body will lack energy and muscles may develop cramps.

To prevent dehydration, exercisers must drink before, during and after the workout.

Keeping Hydrated:

## Pre-exercise hydration

- 17-20 fl oz, 2-3 hours before practice/competition
- 7-10 fl oz after the warm-up (10-15 min before practice/competition)

## During Exercise

- 7-10 fl oz every 10-15 min of practice/competition
- Drink a [fluid replacement drink](#) after 15-30 min of practice/competition if exercise will last more than 90 minutes
- Carbohydrate content should NOT exceed 8% (~19g/cup)

## Post-exercise hydration

- Replace fluid loss
- Weigh yourself before and after practice to estimate the water loss.
- Drink 3 cups of water for every 1 lb lost.
- Drink a [carbohydrate containing sports drink](#) within 15 min post exercise to begin restoring glycogen and optimize performance for the following event.

Water vs. sports drinks

Plain water is a good fluid and will quench thirst and increase urine output. However, water alone may result in not enough fluid intake. Research shows that the more enjoyable the flavor of the fluid, the more a person will consume.

For events lasting longer than an hour, sports drinks containing carbohydrates (not greater than 8 percent) and electrolytes are recommended. Sports drinks taste good, are absorbed quickly, provide fuel (replenishing glycogen), restore electrolytes (potassium and sodium) and help decrease fatigue