**Hydration Protocol**

**Normal hydration (Euhydration)**

Members, staff and volunteers should achieve good hydration on a daily basis. Fluids come from both liquids and food, with over half the daily water turnover coming from drinks. Increased requirement for fluids as a result of exercise should be met by increasing the intake of drinks.

Daily fluid requirements are estimated as 35mls per kilogramme of body weight (kg). Most members will require between 2 and 3 litres a day, which does not include the fluid lost as sweat during exercise.

Hourly fluid requirements are calculated by dividing total daily requirement by 24.

Example:

Fluid requirements = body weight (60kg) x 35 = 2100mls ÷ 24 = 90mls

This calculation can be used to gauge fluid intake over a number of hours eg 500mls over a 5-hour period, 700mls required to cover an 8-hour sleep period etc. It is a useful guide to promote regular fluid intake throughout the day to maximise absorption.

1. **Prior to rehearsals or camps**

It is important to start each session fully hydrated. Members should be encouraged to adopt the following:

• drink at least 300 – 600mls with breakfast or their pre-event meal. Choose water or diluted sports drink

• continue to drink 150 – 300mls every 20mins up to about 45 minutes to 1 hour before the event, to allow time for a toilet stop

• drink 250 – 350mls fluid immediately before rehearsal starts

1. **During rehearsals, camps or competitions**

Drinking during exercise provides water and electrolytes to replace sweat losses and can also give a source of carbohydrate to boost available energy for the muscles.

• Members must be given the opportunity to drink fluids should that are either full or half strength isotonic drink according to preference

• If a member chooses to drink water only then the meals consumed should have a high carbohydrate content or a sachet of carbohydrate gel should be taken with the water before the start of the session

• During practices/rehearsals, each member must a have blue water jug labelled with their name or a unique identifier number. The members should

• begin drinking early in exercise

• use every opportunity to drink – water breaks should be given every xx mins and at a minimum as set out in the Heat Index Protocol

1. **After training or competition**

Replacement of body water and electrolytes after exercise is essential when repeated bouts of exercise are planned within a limited timescale. Members have to work hard to take enough fluids to fully rehydrate, especially when exercising in the heat. They should not rely on being thirsty as a sign to drink.

* Members should start rehydrating immediately after the conclusion of each rehersal/competition with full or half strength isotonic drink. A fluid that contains some sodium (salt) and carbohydrate provide faster body water replacement than plain water and is more palatable
* Members should be discouraged from consuming caffeine containing drinks as they are not good rehydration drinks as they can increase urine losses