SYDNEY CRICKET ASSOCIATION

HYDRATION TIPS
PREPERATION FOR COMPETING ON HOT AND/OR HUMID DAYS

BACKGROUND

- Experts believe that as little as a 1-2% decrease in the body's fluid levels can be enough to negatively affect performance through a drop in energy levels, decision-making and your body's ability to cool-down.
- Prolonged dehydration in hot and/or humid conditions may increase risk of heat stress.
- This document is intended as a brief checklist to assist athletes that are at risk of dehydration. For more detailed advice it is recommended that athletes speak to a medical expert or sport scientist.

DAYS LEADING UP TO GAME DAY

- ✓ Aim for 3L of water on each of the 2 days prior to the game.
- ✓ Consider adding salt to food and electrolyte formula (i.e. "gastrolyte" or "hydralyte") to drinks if it is very hot/humid.
- ✓ Minimise alcohol, a known diuretic.
- ✓ Use urine colour to check hydration status.
    - Clear urine = good hydration
    - Dark yellow urine = dehydration

GAME DAY

- ✓ Upon waking have 1-2 glasses of water.
- ✓ Over the course of the morning aim to drink 4-6 glasses of fluid (water or sports drink best). If you suffer badly from cramps add some salt or electrolyte formual to drinks.

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DURING THE GAME

- ✓ Look for all opportunities to ingest fluids
    - Add extra scheduled breaks.
    - Water or sports drinks are recommended.
- ✓ Look for every opportunity to cool down
    - Use of ice vests/cooling fans where possible.
    - Recover in shade where possible.
- ✓ Be aware of heat stress
    - If athlete shows signs of heat illness (exhaustion, cramps, dizziness or collapse) seek immediate medical support.

POST-GAME

- ✓ Weigh athlete after game to measure fluid loss.
    - 1kg weight loss = 1L fluid loss. Aim to drink 1.5 x fluid lost in the 4-6 hours afterward (water or sports drink best). Athlete should have returned to pre-competition weight within 6 hours.
- ✓ Use ice baths or cold showers post-match to cool the body down and assist recovery.
- ✓ Minimise intake of caffeine and alcohol.