

## Hydration Guidelines for Athletes\*

### Before Exercise:

- Drink water or sports drink throughout the day
- 2-3 hours before exercise, drink 17-20 oz of water or a sports drink

### During Exercise:

- Drink 20-40 oz of water or sports drink per hour of play (at least 5-10 oz every 15 minutes or an amount equal to sweat or urine loss)

### After Exercise:

- Within 2 hours, drink enough to replace any weight loss from exercise
- Drink approximately 20-24 oz of water or a sports drink for every pound of weight lost

### What NOT to Drink Before, During, and After Exercise:

- Fruit juices, carbohydrate gels, sodas, and those sports drinks that have CHO levels greater than 8% are not recommended during exercise as the sole beverage
- Beverages containing caffeine, alcohol, and carbonation are discouraged during activity because they are not as effective as sports drinks in rehydrating the body.

### Warning Signs of Dehydration:

Thirst	Irritability	Headache
Weakness	Dizziness	Cramps
Nausea	Decreased Performance	

### Effects of Dehydration:

- Dehydration can affect an athlete's performance in less than an hour of exercise – sooner if the athlete begins the session dehydrated
- Dehydration of just 1% - 2% of body weight (only 1.5 – 3 lbs. for a 150 lb. Athlete) can negatively affect performance
- Dehydration of greater than 3% of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heatstroke)

\* Recommendations from the Gatorade Sports Science Institute based on the National Athletic Trainers Association Position Statement, Fluid Replacement for Athletes