



# BCC Hydration Guidelines

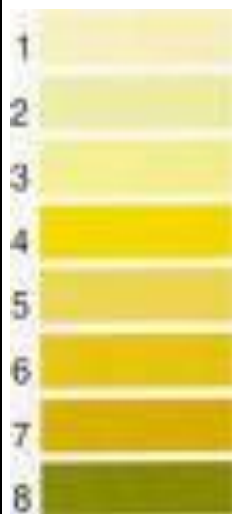
Effective Hydration is the Number 1 Nutritional Strategy to Enhance Performance!

**1 % Dehydration** = Reduction in endurance but no feeling of thirst

**2%+ Dehydration** = Reduction in concentration, speed, reaction time and decision making capacity.

Maintaining hydration levels is vital for cricket, especially in 4 day competition.

## Monitoring Hydration levels



1-3 = Well Hydrated

4-8 = Dehydrated

### 1: Urine Colour

How: Monitor the colour of your urine using the chart to the left.

When: Morning before breakfast, pre match and 2 hours post match.

Action to take: If dehydrated, drink fluid in small quantities over a prolonged period.

Note: Be aware that certain medicines and vitamin supplements may change urine colour.

### 2: Body Weight

How: Weigh yourself without clothes after urinating.

When: In the morning (12 hours since eating), preferably at the same time each day.

Action to take: For each KG of bodyweight lost in a days play, drink 1.5 Litres of fluid.

## Hydration Tips

1. Monitor hydration levels pre and post match to ensure you are rehydrated for the following days play/competition.
2. Drink at least two litres of water as part of a daily hydration plan.
3. Drink 0.5 Litres of fluid 2 hours before matches/training to ensure that you are well-hydrated for competition.
4. Drink 0.2 Litres of sports drink every 15-20 minutes during exercise to top up lost fluid levels. Even if you're not thirsty.
5. Do NOT wait until you are thirsty to drink, you are already dehydrated
6. Avoid caffeine and alcohol, both increase urine production which may lead to dehydration.