

Hydration in the heat

Fluid losses from sweat are accelerated in the heat. Poor hydration will negatively affect performance.

You may experience:

- Reduced concentration
- Headaches
- Increased fatigue
- Higher heart rate
- Dizziness
- Stomach cramps

Your body is 60-70% water

Water safety

If tap water is unsafe: Drink only bottled and filtered water.

Remember to wash any unpeeled fruit and raw vegetables with filtered or bottled water.

Avoid ice cubes unless made from bottled or filtered water.

Hypotonic - Contains electrolytes much less sugar. Will help to (re)hydrate, but provide very little energy.

Sugar free squash (no added sugar), water (1L), salt (1/2 tsp).



Hydration station

Make your own sports drink

Isotonic - Contain sugars and electrolytes Provide energy and will help (re)hydration.

Regular squash (contains sugar), water (1L) and salt (1/2 tsp).

OR
Mix fruit juice (250ml), water (750ml) and salt (1/2 tsp).



Top tips for staying hydrated

- Drink small amounts of fluid often and more than you would in Scotland.
- Keep your drinks cool.
- Include foods with a high water content in your diet.
- During exercise top up fluid levels every 15-20 min, drinking ~200 mL at a time.
- Replace the fluid you lose in a session before your next session, gradually consume 1.5 times what you have lost.
- Have fluid with you while travelling and drink regularly.
- As you are likely to be sweating more, electrolytes can help you absorb fluid better – make your own sports drink.
- If you chose to use commercially available sports drinks or electrolytes make sure they are batch tested and part of a risk minimisation scheme.

Check the colour of your urine to see how hydrated you are.

You're topped up with fluids. Keep it up!

You're almost there but could still drink a little more to get everything in balance.

You're moderately dehydrated so drink more fluids.

You're very dehydrated. Drink some fluids to get back on track.

You're seriously dehydrated. Drink some water or other fluids without delay.

Foods with high water content

