

Fluid Replacement

Fluid replacement is very important when exercising in any conditions. Dehydration can lead to serious health problems.

Coaches, parents and players involved in exercise should be aware of the following points;

- Thirst is a poor indicator of fluid replacement.
- Encourage athletes to drink before they feel thirsty.
- Increase fluid intake before, during and after activity.
- Schedule regular and compulsory fluid breaks during exercise.
- Plain water is an effective fluid replacement.
- Sports drinks are also an acceptable fluid replacement. They may encourage fluid replacement in children as they are more palatable and therefore more likely to be used.
- Fluid needs will vary depending on the individual player, the sport and the environmental conditions.
- Players should not share water bottles. This will help to reduce the risk of spreading any infectious diseases.

The following quantities are designed to encourage scheduled fluid intake and are general guidelines only.

	Adult	15 Year Old	10 Year Old
45 Minutes Before	450-600 mls of water	300-400 mls of water	150-200 mls of water
During the Event	150-300 mls of water every 20 mins	150-200 mls of water every 20 mins	75-100 mls of water every 20 mins
After the event	drink water to replace lost fluid	drink water to replace lost fluid	drink water regularly until urine looks watery [clear in colour]

Alcohol

Sport and Alcohol have always been closely linked and probably, always will be associated with the social aspect of sport. However, athletes should be aware of some of the facts about alcohol as a fluid replacement before, during and immediately after exercise.

- Alcohol is a potent diuretic that leads to loss of water and minerals from the body.
- Alcohol reduces calcium absorption in the body.
- Alcohol is a nervous system depressant.
- Alcohol impairs co-ordination and balance.

Therefore, alcohol is a poor substitute for plain water as a fluid replacement in exercise. It is important, if you are intending to consume alcohol, especially in post-match social gatherings, that you first rehydrate your body with adequate fluid replacement.