**BENDIGO ACADEMY OF SPORT**

**HYDRATION**

**DRINK WATER - DRINK FLUIDS - DRINK WATER - DRINK FLUIDS**

# INTRODUCTION

The Bendigo Academy of Sport provides programs that are both sporting and educational opportunities for athletes. The purpose of these guidelines is to ensure that athletes become aware of the benefits of proper hydration practices before, during and after physical activity.

It is essential therefore those adults coaching and managing sporting programs ensure that athletes are not placed at risk and are properly hydrated before participating in physical activity.

# KEY MESSAGES

The following messages should be used to help convey the benefits of proper hydration.

**THIRST IS A POOR INDICATOR OF FLUID NEED**

**HYDRATE BEFORE, DURING AND AFTER PLAY**

**HYDRATE BEFORE YOU CELEBRATE**

# SUGGESTED PROCEDURES

The following procedures are suggested for all Bendigo Academy of Sport programs:

* Coaches should ensure that water is available at all times. Other fluids that may be used include diluted sports drinks, diluted cordial and diluted fruit juices. Carbonated drinks should not be used.
* The procedures to be followed for providing fluid to athletes during training / competition should be clearly identified prior to the commencement of the sporting program and / or competition.
* Scheduled breaks in training sessions and matches should be used to actively promote the benefits of hydration to participants.
* Where possible, coaches should actively promote the use of interchange rules as a tool to prevent dehydration.
* Participating sporting programs / teams may designate their own water carriers. These may be students and/or adults but cannot be the team coach.
* No water carrier is to engage in the coaching of individuals or the team whilst on the field of play.
* All are to have their own individual water bottles for every event and training session. During matches, these should be located immediately next to the playing area to enable players to help themselves (at appropriate times) during matches.

**REMEMBER – DRINK UNTIL YOUR URINE IS CLEAR!!**

This policy was ratified by the Board of the Bendigo Academy of Sport in September 2011