



SMARTPLAY

# DRINK

Beat the heat

# UP

## Dehydration and heat stress = poor performance

Avoid heat stress and poor performance by adequate fluid replacement during your sport or activity.

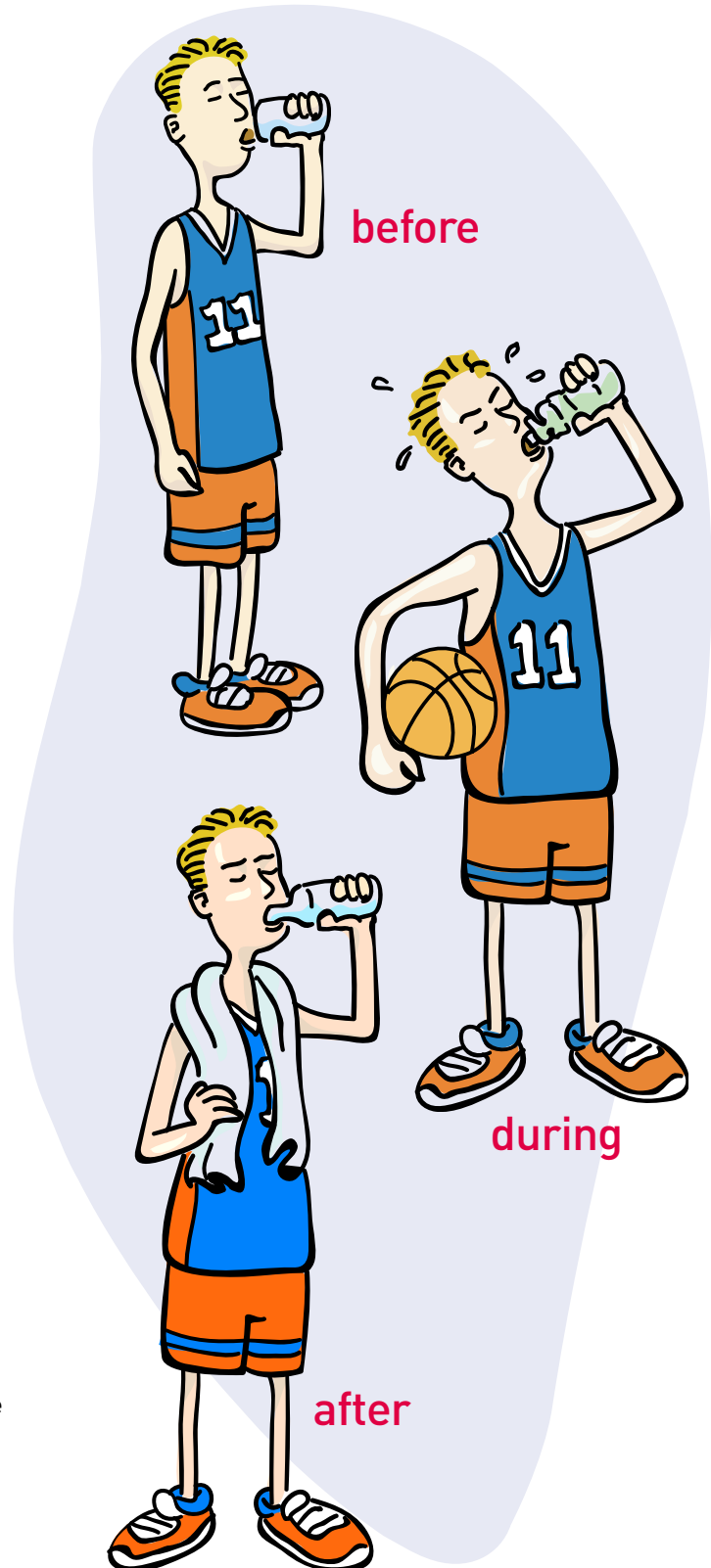
- Exercise in hot or humid weather will result in additional fluid loss and increase the risk of dehydration
- Even small degrees of dehydration will cause a decrease in exercise performance
- Dehydration contributes to fatigue and may make you susceptible to cramps, heat stress and heat stroke
- Players, umpires, coaches, officials and spectators can be affected by heat
- Children are at much greater risk of heat stress.

## Drink Up using the following measures

- Drink plenty of fluids
- Don't wait to feel thirsty, thirst is a poor indicator of fluid needs
- Although water replaces fluids, sports drinks (containing 4-8% carbohydrate and small amounts of electrolytes) provide:
  - Additional energy from carbohydrate which can delay fatigue and enhance performance, especially during prolonged events
  - Salts (electrolytes) which aid the rehydration process
- Flavoured drinks such as sports drinks and low concentration cordial, as a result of their taste, may encourage fluid consumption more than plain water
- Cool fluids may be absorbed more rapidly than warmer fluids.

## Your Drink Up routine

- Avoid starting exercise dehydrated. Drink plenty of fluids for several hours prior to exercise
- If you are well hydrated you should be able to pass a good volume of clear urine in the hour before exercise
- **Drink at least 500ml (2-3 glasses) 1/2 to 1 hour before exercise**
- **Drink at least 200ml (1 glass) every 10-15 minutes during exercise**
- **During exercise take advantage of all breaks in play to drink up**
- **After exercise drink liberally to ensure you are fully re-hydrated.**





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## How much fluid do I need?

You can assess your fluid requirements by weighing yourself before and after exercise.

- 1kg lost = 1 litre of fluid deficit
- 2kg lost = 2 litres of fluid deficit
- Aim to keep these fluid losses to a minimum by drinking before, regularly during and then after exercise
- Sweating and fluid losses continue after exercise. After exercise aim to replace at least 1.5 times the amount of fluid deficit, measured at the end of exercise.

## Other ways to Beat the Heat

- Wear light clothing – light in colour, light in weight
- Wear a hat
- Wear a 30+ sun-screen to prevent skin damage and skin cancer
- Wear sunglasses to protect your eyes.

## Symptoms of heat injury or heat stroke

It is important that you are aware and react quickly to the following symptoms of heat injury.

- Fatigue
- Nausea
- Headache
- Confusion
- Light headedness.

## Beat the Heat Emergency Plan

- Lie the victim down
- Loosen and remove excessive clothing cool by fanning
- Give cool water to drink if conscious
- Apply wrapped ice packs to groins and armpits
- SEEK MEDICAL ASSISTANCE.



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Smartplay is supported by VicHealth, Sport and Recreation Victoria and Department of Human Services

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