



BEST PRACTICE GUIDELINES **DEHYDRATION**



To reduce the risk of harm, to encourage the feeling of well-being amongst sports participants and to clearly describe the type of considerations given to dehydration by all parties associated with Penwortham Boys J.F.C. are to abide by.

Exercise causes an increase in body temperature as the muscles worked produce heat, in hot conditions this rise will be greater, and so cause fluid loss.

When body temperature gets to high a player's performance will suffer- work rate falls, ball control skills and coordination decreases. If body temperature continues to rise then heat exhaustion may ensue. This is a serious medical condition, if a player is suspected of suffering from heat exhaustion; urgent medical assistance should be sought.

Sweating maintains the body temperature during exercise but as sweating continues, body fluids are lost and dehydration occurs.

- In warm conditions players may lose between two & five litres of fluid per game.
- Players with high body fat levels or low levels of endurance are less tolerant to hot conditions, therefore maintaining a balanced fluid level is crucial.
- Players who have been ill should seek medical advice prior to training or playing.
- Dehydration is just as much a factor in training as in matches.

It is therefore essential that players & coaches adopt a strategy to address the problems of dehydration.

Guidelines for players:

- Fluids should be taken before, during & after training or games. Isotonic sports drinks are designed to redress the balance of electrolytes in the body during sporting activities and are formulated to increase absorption. Drinks that contain too much sugar or high boost drinks increase the risk of dehydration.
- Drink plenty of fluids pre-match as this will help in your performance. Avoid tea & coffee before a match.
- Try to drink regularly during training and matches even if you are not thirsty. Remember by the time you are thirsty it's too late.
- After a match drink plenty of fluids to replace what's lost & it's part of the cool down process.

Guidelines for coaches:

- Encourage your players to take regular drinks during training.
- During matches ensure everyone takes plenty of fluid at half time.
- If playing friendly games in hot conditions play quarters instead of halves to allow for more fluid consumption.
- If any players show symptoms of heat exhaustion (dizziness, confusion, pale complexions and cool clammy skin) withdraw them from the match/training session and send them for immediate medical attention.
- Encourage players to drink plenty of fluids after a match especially if it is a long journey home