

# HYDRATION TIPS AND FLUID GUIDELINES

In general, athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity.

Drink early, by the time you're thirsty, you're already dehydrated.

Drink before, during, and after practices and games. Specifically, the American College of Sports Medicine recommends the following:

- **Drink 16 ounces of fluid 2 hours before exercise.**
- **Drink another 8 to 16 ounces 15 minutes before exercise.**
- **During exercise, drink 4 to 16 ounces of fluid every 15 to 20 minutes.**
- **During exercise, drink 4 to 16 ounces of fluid every 15 to 20 minutes.**
- **After exercise, drink 24 ounces of fluid for every pound lost during exercise to achieve normal fluid status within 6 hours.**

The volume and color of your urine is an excellent way of determining if you're well hydrated. Large amounts of clear urine mean you're hydrated, small amounts of dark urine mean that you need to drink more!