

# Hydration

## Definition of Dehydration

Dehydration refers to an inadequate amount of fluid in the body. Among athletes who participate in endurance sports or long workouts, dehydration can occur quickly. In general, a person is considered dehydrated when they have lost more than 2 percent of their body weight during exercise.

Adequate fluid intake is essential for athletes before, during, and after exercise. Whether to use sports drinks or just water depends upon your duration and intensity of exercise.

## Symptoms of Dehydration

- Dry or sticky mouth
- Low or no urine output
- Very dark colored, concentrated urine
- Not producing tears
- Weakness
- Dizziness
- Skin may 'tent' when pinched (doesn't bounce back quickly when released).

Water is the basis for life. The only thing more important is Oxygen, one of the first things to go away is eye sight -- a very important to a target shooter

## Tips for Proper Hydration

- Start day with 250 ml water ( 8 oz ) - Body loses water while you sleep
- Drink before you are thirsty - by time you are thirsty you are dehydrated
- Coffee / Tea are diuretics - ( increase excretion of water from body )
- Coffee / Tea have caffeine in them - detrimental to target shooters
- Keep drinking water even when cold outside - you lose fluids through exhaled air
- Sport drinks not necessary in Target Sports - if you need taste – dilute 50%
- In a match:
  - At start of shooting - drink 450 to 650 ml of water about 1 hour before
  - During match drink about 250 ml every 20 minutes
  - After match – push fluid even if you do not feel thirsty - 500 ml

## Can you drink too much?

Yes - triathletes for example can create conditions called water intoxication leads to seizures, cramps, comas.

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## Fluids to AVOID during Exercise

Carbonated soft drinks, regular fruit juice, fruit drinks, lemonade, Energy drinks that contain a lot of sugar or caffeine. These fluids may cause stomach upset and cause your performance to suffer.

Sports drinks are better than plain water when:

- the exercise is intense (e.g. when playing soccer, hockey, basketball or interval training)
- the activity lasts longer than 1 hour
- you sweat a lot
- you wear a lot of protective equipment like in hockey or football
- the weather is hot and humid
- your fluid needs to be quickly replaced (e.g. during soccer tournaments or two-a-day training sessions)

Try using a sports drink only if you exercise for longer than 1 hour and you are perspiring heavily.