

Hydration

Best practice guidelines



Encourage & educate gymnasts to check their hydration status regularly by checking their urine (see colour chart & descriptions below).



Very strong smell
Once or twice a day
Little amount

**SEVERE
DEHYDRATION**



Strong smell
Every 3-4 hours
Small amount

**MILD
DEHYDRATION**



Mild or light smell
Every 1-2 hours
Medium amount

OPTIMAL RANGE



No smell
More than every hour
Large amount

OVER HYDRATION



Gymnasts should consume fluids regularly throughout the day



Ensure gymnasts have their own water bottle



Ensure gymnasts rehydrate to replace fluids lost through sweat



Normalise using the toilet during training



Follow hydration best practice throughout the year



Different fluid options can be utilised around training & throughout the day.



Hydration throughout the day



Hydration before or during training



Hydration post training



Hydrating foods

Further details can be found in the British Gymnastics hydration best practice guidelines

British Gymnastics

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