

## Hydration for Swimmers in a Hot Climate

Your body is over 70% water so dehydration can have a negative effect on your performance, especially in hot climates when sweat losses are likely to be even higher than normal. It's important to remember the effects of dehydration are cumulative and that you will still lose sweat in the pool.

**Top 10 Hydrating foods include:** watermelon, cucumber, tomatoes, oranges, blueberries, strawberries, grapefruit, broccoli, raw carrots, pears, star fruit, celery.



The key to maintaining your hydration is to:

- Drink regularly and more than you drink in Scotland
- Keep your drinks chilled
- Include foods with a high water content in your diet too
- Check your weight balance and replace the fluid you lose in a session before the next session

### How much do I need to drink?

Check the colour of your urine to see how hydrated you are



### Effects of Poor hydration

- Headaches
- Feeling more fatigued than normal
- Increased heart rate
- Dizziness
- Stomach cramps



As you are likely to be sweating more, electrolytes can help you absorb fluid better.

This drink will help to (re)hydrate you, but won't provide any energy  
Sugar free squash (no added sugar), add pinch (1/2 tsp) of salt and water (1L)



Make your own isotonic drink to provide you with some energy and electrolytes if doing a longer session.

- Regular squash (**not** “no added sugar”) add a pinch of salt (1/2 tsp) and add water (1L).

Mix fruit juice (250ml) and water (750ml) add a pinch of salt (1/2 tsp) and pop in your bottle

## Top Tips

- Drink regularly throughout the day
- Keep drinks chilled
- Make your own isotonic drink
- If using an electrolyte tablet check [Informed-Sport.com](http://Informed-Sport.com) to see if it has been batch tested
- Start the day hydrated and replace any fluid lost during exercise
- Drink only bottled and filtered water if tap water is unsafe to drink
- Avoid ice cubes unless made from bottled or filtered water
- Remember to wash any unpeeled fruit and raw vegetables with filtered or bottled water if tap water is unsafe.
- Check your pee to see how hydrated you are

