

YOUR WATER NEEDS

Level 3-4

Our body needs a lot of water to work correctly. Did you know that about six-tenths of our body is made up of water? If you don't have enough water in your body you feel thirsty, and you can get dehydrated, so you should try to drink about eight glasses of water every day.

Your body is always getting rid of water too - in the toilet, when you sweat and when you breathe, so you need to replace that water all the time.

FACTS

1. When something is dehydrated it has had the water taken out of it. Dried fruit like dried apricots are examples of dehydrated foods.
2. When your body gets too much of something like salt it flushes it out with water. That's why when you eat something salty, like chips, you get thirsty. Your body wants you to drink more to flush the surplus salt away.
3. You lose water from your body every time you breathe out.

TRY THIS

Do you know how many litres of water are in your body?

1. Weigh yourself on some scales.
2. Then times the amount you weigh by six-tenths. (Times the amount you weigh by six then divide that number by 10.)
3. The result is how many litres of water you have in your body.
4. Example: If you weigh 55kg it is worked out like this. $55 \times 6 = 330 \div 10 = 33$:
33 litres of water in your body.



HEALTH TIPS

HYDRATION: THE FIRST IS NOT A GOOD INDICATOR OF FLUID NEEDS DURING RUGBY. FOR YOU TO BE AT YOUR PEAK, YOU SHOULD ENSURE THAT YOU ARE AWARE OF, AND OBSERVE, THE FOLLOWING HYDRATION GUIDELINES:

PLAYERS MUST:

- PRE-HYDRATE! DRINK FLUIDS BEFORE STARTING A TRAINING SESSION OR COMPETITION GAME. HALF LITRE TWO HOURS BEFORE EXERCISE.
- DRINK SMALL AMOUNTS WHERE POSSIBLE THROUGHOUT THE GAME. EG. BREAKS IN PLAY, TIME OUT, REST. APPROXIMATELY QUARTER OF A LITRE PER 10-15 MINUTES DURING EXERCISE.
- INCREASE FLUID INTAKE IN HOT AND HUMID CONDITIONS.
- DRINK FLUID THAT IS FLAVOURED AND COOL.
- DRINK SPORTS DRINK (4-8% CARBOHYDRATE) DURING ACTIVITY LASTING LONGER THAN ONE HOUR.

AVOID:

SHARING DRINK BOTTLES BETWEEN PLAYERS SO THAT FLU, MENINGITIS, HEPATITIS AND OTHER INFECTIONS DON'T SPREAD BETWEEN PLAYERS.

