

# EAT 2 COMPETE



## Top Tips for Good Hydration

- ✓ Aim to be well hydrated by knowing how much you should drink every day – look at the fact sheet on fluids to find out how much you need
- ✓ Know the warning signs of dehydration
  - Thirsty
  - Headaches
  - Dark coloured urine
- ✓ Always take a full drinks bottle to training and matches
- ✓ Choose a drink that you like
- ✓ Practice taking fluids during training
- ✓ Drink often during sessions; don't wait until you are thirsty
- ✓ Don't share your bottle with other players – infections get passed on very easily
- ✓ Start rehydrating after sessions – the more you sweat, the more you need to drink



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