

# GEORGIA HIGH SCHOOL ASSOCIATION WRESTLING WEIGHT MANAGEMENT PROGRAM

## Hydration Tip Sheet

Athletes need to be properly hydrated in order to get the best results when they do their body composition testing. Make sure you are working with the coaches, athletes and parents to educate them about how the testing works and what the results will mean as the season gets underway. Dehydrating prior to testing will cause the athlete to fail the urine specific gravity test and will result in additional costs.

### In the days Leading Up to Testing

- Continue drinking fluids at the recommended rate for sports participation
- Urine should be clear when athlete is adequately hydrated
- Limit high fat food intake
- Avoid foods high in sodium (salt)

### Two days prior to test day:

- Drink plenty of fluids throughout the day (water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day.
- Increase intake of foods high in fiber – this will help with removal of excess waste from the body (salad, cereal with skim milk, vegetables, fruits, etc. are examples of foods high in fiber).
- Eat smaller, more frequent meals.
- AVOID foods high in fat (fried foods, meat, French fries, pizza, nuts, salad dressings, etc.).
- AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks and sports drinks).
- Be sure that you eat and drink, do not dehydrate!

### One day before test:

- Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated. Drink 12 to 20 ounces of a sport drink along with water.
- Eat smaller, but more frequent meals. Continue eating fibrous foods to eliminate excessive waste from the body.
- Fatty foods / snacks will stay in your body – STAY AWAY!!!

### **The day of the assessment – for best results – the following factors should be controlled:**

- No caffeine, no diuretics in past 12 hours
- No food or drink within past two hours
- No exercise within past four hours
- No alcohol within past 24 hours
- No thick heel calluses
- Eat small portions and eat a very light lunch if afternoon testing.

- Eat lighter foods such as fruit, grains, etc.
- Continue to drink water.
- DO NOT drink salty drinks such as sodas, Gatorade or PowerAde, etc...which will cause you to retain fluids.
- Urinate as frequently as possible throughout the day until one-two hours prior to test time.
- Use the bathroom (bowel movement) before the test.
- Please be ready to urinate when you arrive.

Eating immediately prior to testing can give a false result – lower than it really is because they have an increase in total body water from consuming the meal.

It is suggested that testing later in the day (late afternoon is given as the ideal time) prevents the likelihood of an athlete showing up moderately dehydrated.

**Conditions that might cause skewed results or give an “ERROR” reading**

- A very full bladder
- Severe calluses on heels or soles of feet (Tanita says 1 out of 400 people tested)
- Unclean footpads on the machine
- Subject wearing nylons (if it is absolutely necessary to wear nylons, add a drop of isopropyl (rubbing) alcohol to the metal plates to improve conduction.
- Pre-menstruation phase