



UEFA EURO 2012™ HYDRATION



You must be in peak **PHYSICAL & MENTAL** condition to perform at your best during EURO 2012.

Losing just 2% of your body weight through fluid loss can reduce: **Physical Performance, Concentration, Attention and Reaction Time**, aspects that are crucial to match performance.

A 2% decrease in body weight is equivalent to just 1.5 litres of fluid for the average referee at EURO 2012. This is not much when we consider that an average referee loses 1-2 litres per hour during Matches/Training. And in warm conditions, you will lose even more than this!

To guarantee peak **Mental & Physical** performance during EURO 2012, you should follow this advice:

DO:

- Drink regularly throughout the day – little and often (mostly water).
- Aim to be hydrated at all times, especially for Matches & Training.
- Aim to stay hydrated, even during Matches/Training.
- Start replacing fluid immediately after a Match/Training Session.
- Weigh yourself before & after Matches/Training to calculate your fluid loss (1kg=1L). Aim to replace 150% of the fluid you have lost. If you have lost 2.0kg in weight, you should take in 3.0 litres of fluid slowly over an 8-hour period.
- Check your urine colour regularly to control your hydration (see chart below).
- Put salt on your meals to help replace minerals lost through sweat



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DO NOT:

- Wait until you are thirsty before you drink. If you are thirsty, you are already dehydrated – too late!
- Wait until just before the Match or Half Time to hydrate. Aim to be hydrated at all times
- Drink too much water/Powerade – be sensible!
- Drink too much alcohol – before but in particular after Matches/Training as it further dehydrates and slows down your recovery!
- Just drink water because the fluid you lose is not just water. You also need to replace the ‘minerals’ (sodium, potassium) you lose. Sports drinks, salty snacks and meals will help you achieve this!
- Do not take a sun bath/sauna 48 hrs before a match as it dehydrates your body!

MATCH DAY:

BEFORE MATCH

MATCH -4 HOURS:	Slowly drink 500ml of Powerade
MATCH -3 HOURS:	Pre-Match meal (high carbohydrate/some protein, low fat) with water
MATCH -30 MINUTES:	Drink 250ml Powerade

DURING MATCH

DURING:	Drink little and often if you can!
HALF TIME:	Drink 250ml Powerade

AFTER MATCH

MATCH +30 MINUTES:	Drink 500ml Powerade
MATCH +1-2 HOURS:	Post-Match meal (high carbohydrate/high protein/low fat) with Water
MATCH +8 HOURS:	Replace 1½ X fluid lost



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