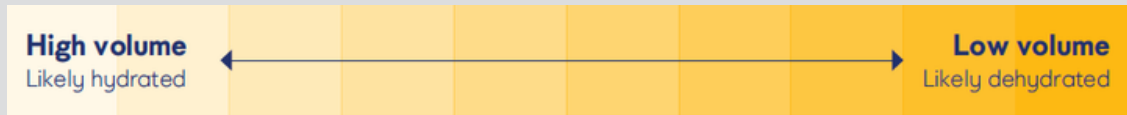


URINE: Monitor volume and colour



THIRST: Monitor thirst perception

How thirsty do you feel now?



BODY MASS: Monitor significant (>1%) changes in daily body mass. Consider adding electrolytes to your water to aid with hydration.

BE AWARE OF THE
SIGNS OF
DEHYDRATION!



Headache



Dark/low
volume urine



Extreme
thirst



Lightheaded



Nausea



Mental & physical
fatigue

COLD DRINK/ICE SLURRY

~500 ml, 30 minutes before
training session/match

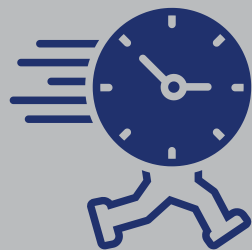
- Drink temperature between **1.5 -10°C**.
- To make an ice slurry, **blend ice and liquid** (i.e., water or a sports drink) together.
- Keep your drink cool in your **insulated bottle** (provided in Geneva).



MODIFY WARM-UP

If conditions are hot, modify by:

- Shortening
- Lowering intensity
- Warming up in shaded areas of the pitch



ICE TOWEL

1. Soak your sweat towel in **clean, cold water**.
2. Put **ice** into the centre of your towel and then wrap/roll it up.
3. Place the towel around your **neck**: before, at half-time and after the match.



DRY CLOTHING AT HALF-TIME

New, dry shirt/kit at
half-time

