

# Hydration Tips For Shooters

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As it is now officially summer, shooters from all around the country need to be aware of keeping themselves hydrated. Optimal hydration supports daily training and recovery. The signs and symptoms of dehydration include:

- Lack of concentration
- Early fatigue
- Trouble tolerating heat
- High perceived exertion in training
- Delayed recovery

All shooters should use the color of their urine as an indicator of dehydration. Using

the urine chart below, athletes should aim for an AM urine color of less than 3 (pale yellow or the color of lemonade). Upon waking it is important to rectify any signs of dehydration that occurred while sleeping.

### TRAINING & COMPETING GUIDELINES

When training or competing it is important to start in a hydrated state. Drink 8-16oz upon waking, during breakfast and then follow the protocol below:

- Drink a glass of water (8oz) 10 minutes before

shooting,

- Drink 8-16oz after every round or every 20-30 minutes and
- Upon conclusion of the session, correct any fluid losses due to sweat loss.
- Continue to drink fluids throughout the day and 8 oz before bed.

These are times when your fluid requirements are higher:

- Heat
- Humidity
- Hard training
- Beginning of heat acclimatization

Also watch your hydration status during the following activities:

- Travel
- Altitude training
- Surgery
- Illness

### SPORT DRINK VS. WATER

Water is normally the ideal drink for the majority of shooters. Diluted sport drink or electrolyte drinks do help support your body fluid needs during heavy sweating days as they decrease urine output and keep more fluids in the body compared to water.

### SALTY FOODS

For shooters who are salty sweaters, they should eat a slightly salty diet during days of heavy sweating and when high ratings of heat stress occur.

Dehydration can impair performance; especially in the heat so stay hydrated!

### URINE CHART

1. Hydrated

2. Hydrated

3. Could be dehydrated

4. Dehydrated

5. Very dehydrated