

BEFORE THE MATCH

START HYDRATED

- Start hydrating 24 hours prior to your match.

AT LEAST FOUR HOURS BEFORE

- Slow consumption of 5-7ml of fluid per kilogram of body weight (ml/kg BW).

ABOUT TWO HOURS BEFORE

- If the individual does not produce urine, or the urine is dark then more fluid should be consumed (e.g. 3-5ml/kg per BW).

WHAT AND WHEN TO EAT

- Consume 1-4g/kg BW of carbohydrate (approximately 70-280g for a 70kg individual).
- Foods rich in carbohydrates and low in fat, fibre and protein (e.g. cereals, bread, rice, pasta and potatoes). Liquid meal supplements provide a compact and quickly digested alternative to solid food.

DURING THE MATCH

STAY HYDRATED AND FUELLED

- Make sure you continue to drink little and often throughout the game.
- Aim for 150ml every 10-15 minutes.
- **Isotonic sports drinks are the preferred drinks for exercise** (~ 1 hour or greater). Especially in hot and humid conditions.
- **Consume 20-60g of carbohydrates per hour (g/h) in small feedings every 10-30 minutes,, or as allowed by the event.**
- Carbohydrate choices providing approximately 30g of carbohydrates:
 - 750ml of Powerade ION4
 - ~ 1 sachet of sports gel
 - ~ 1 sports bar
 - 35-40g candy/ jellybeans

AFTER THE MATCH

RECOVERY NEEDS TO START AS SOON AS YOU FINISH

- Rehydration should start soon after the game to replace any fluid and mineral losses.
- Aim to drink about 1.2-1.5 Litres of fluid for every 1kg of bodyweight lost during exercise as sweat. To calculate this, simply weigh yourself before and after a training session.
- Ideally, you'll drink 150% of the fluid you've lost during a session in the hours after.
- To start your muscle recovery, consume foods/fluids with carbohydrates and protein within first 30 minutes after exercise.
- Sports drinks, protein bars and recovery shakes make convenient and portable recovery foods.

