

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. Coaches, athletes and parents need to understand 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. Following these tips will help wrestlers pass the hydration test and give the most favorable body composition assessment results.

In the days Leading Up to Testing

- Continue drinking fluids throughout the day and drink an additional 16-24 ounces of water for each pound you may have lost during a sport practice.
- Avoid caffeine drinks such as iced tea, caffeinated soft drinks, energy drinks and coffee.
- Urine should be clear when athlete is adequately hydrated.
- Eat smaller, more frequent meals; limit high fat foods and increase fiber (whole grains) intake to help eliminate waste from the body.
- Avoid salty foods (potato chips, pretzels, pizza, tuna, crackers, etc).
- Stop taking vitamins and other supplements unless prescribed by your doctor as they may cause your urine to be darker than normal.

One day before test:

- Continue drinking plenty of water, you should be urinating on a frequent basis. Urine should be nearly clear if you are fully hydrated.
- Avoid caffeine drinks such as iced tea, caffeinated soft drinks, energy drinks and coffee.
- Eat smaller, but more frequent meals; avoid high fat foods, salty foods and chocolate; continue eating fibrous foods to eliminate waste from the body.
- Continue to avoid vitamins and other supplements unless prescribed by your doctor.

The day of the assessment:

- No caffeine or diuretics in past 12 hours.
- No food or drink within two hours of the test.
- No exercise before the assessment.
- No alcohol within past 24 hours.
- If afternoon testing; eat a small, light lunch (fruit, grains, etc.) at least two hours before the test.
- Continue to drink water.
- DO NOT drink salty drinks such as sodas, Gatorade or PowerAde, etc... which will cause you to retain fluids.
- Do not take any vitamin or mineral supplements before testing.
- 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.

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

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

- A very full bladder
- Thick calluses on heels or soles of feet (Tanita says 1 out of 400 people tested)
- Unclean footpads on the machine
- Pre-menstruation phase