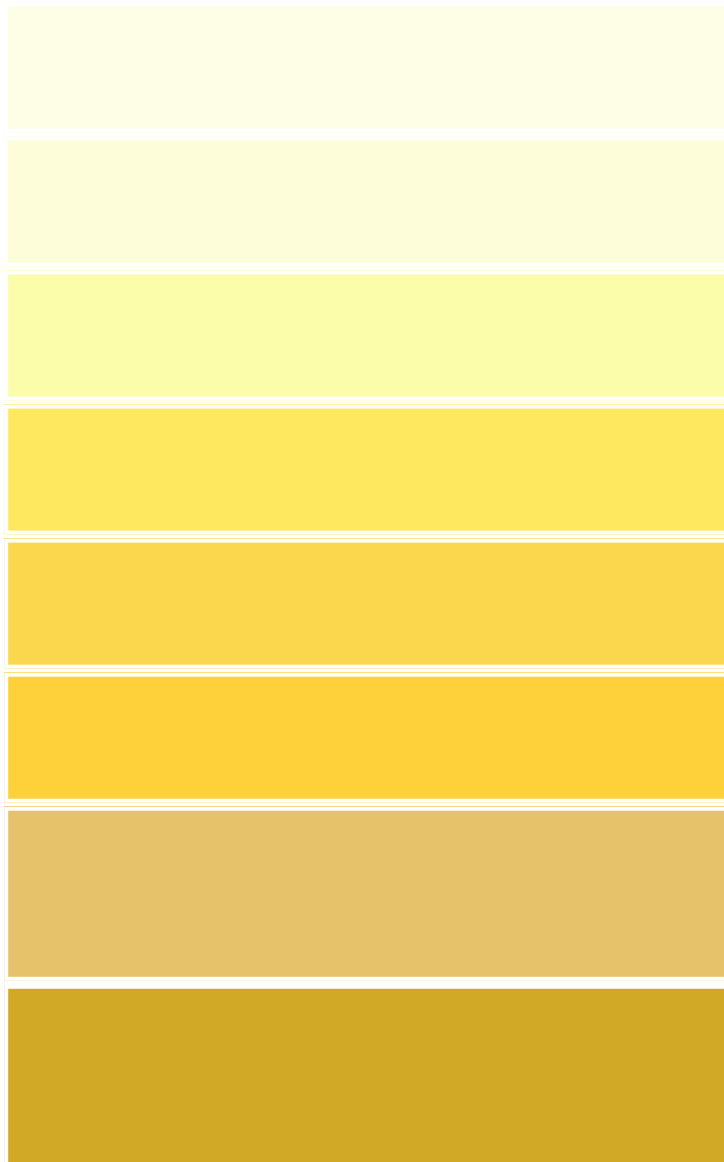


# THE PEE TEST

## ARE YOU HYDRATED?

Observe the color of your pee and compare it to the colour chart and act accordingly!



**GOOD**

**YOU ARE HYDRATED**

**GOOD**

**YOU ARE HYDRATED**

**GOOD**

**YOU ARE HYDRATED**

**FAIR**

**START DRINKING: YOU NEED WATER**

**DEHYDRATED**

**YOU NEED TO DRINK**

**DEHYDRATED**

**YOU NEED TO DRINK**

**VERY DEHYDRATED**

**CONSIDER REHYDRATION SACHETS  
WITH YOUR WATER**

**SEVERELY DEHYDRATED**

**CONSIDER REHYDRATION SACHETS  
WITH YOUR WATER**

## SAMPLE FLUID INTAKE PLAN FOR PLAYERS

Age Group	Approx. Daily Fluid Needs	Pre-Training/Match	During Training/Match	Post-Training/Match
<b>Ages 5–8</b>	1.2 to 1.5 litres/day	200–300ml 2–3 hours before	100–150ml every 15–20 mins	200–300ml (water)
<b>Ages 9–13</b>	1.6 to 2.1 litres/day	300–500ml 2–3 hours before	150–200ml every 15–20 mins	300–500ml (water or diluted squash)
<b>Ages 14–18</b>	2.0 to 2.5 litres/day	500–700ml 2–3 hours before	200–250ml every 15–20 mins	500–700ml (water or electrolyte drink)
<b>Adults</b>	2.0 to 3.7 litres/day	500–1000ml 2–3 hours before	200–300ml every 15–20 mins	750–1000ml (water or electrolyte drink)