



CARLTON FORUM SWIMMING CLUB
Carlton Forum Leisure Centre, Carlton, Nottingham

DEHYDRATION CHART

Urine Colour	Percentage Dehydration
1	0%
2	20%
3	30%
4	40%
5	50%
6	60%
7	70%
8	80%

(Adapted from Armstrong, 2000)

1 % DEHYDRATION DECREASES PERFORMANCE BY 10 %

1 HOUR OF EXERCISE = ~1 LITRE OF FLUID NEEDED





Watch the colour of your wee!

Use the guide above to see how dehydrated you may be....

If the colour of your wee is similar to 1, 2 or 3 then you are well hydrated

If the colour of your wee is similar to 4 or 5 then you are slightly dehydrated and should look to drink more

If the colour of your wee is similar to 6 or 7 then you are dehydrated and need to consume re-hydrating fluids immediately

If the colour of your wee is like 8 then dial 999!!!

Remember – to perform at your best you need to be hydrated. You'd be amazed how much fluid an hour of swimming takes out of you. Keep your bottle with you at all times and....

DRINK!

