

Chief Instructor's Tips



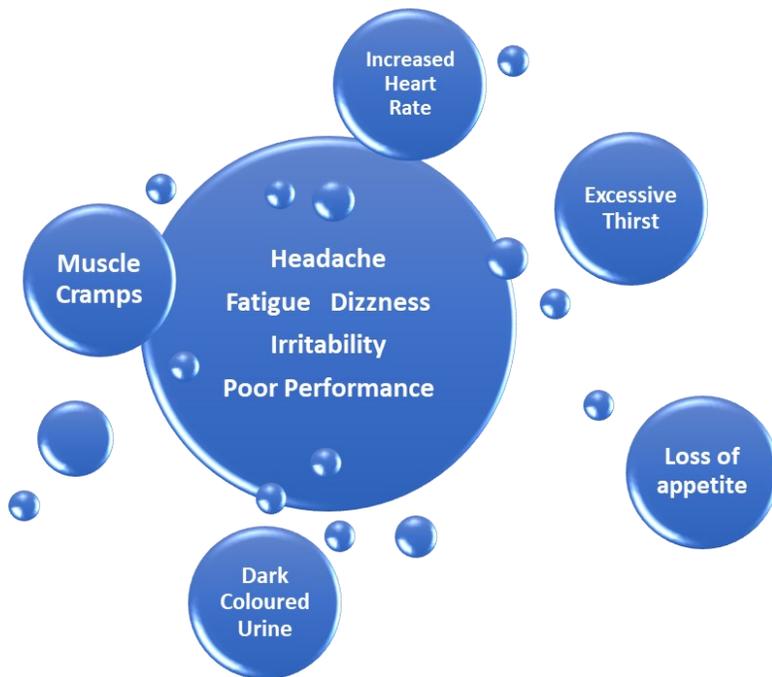
Our Chief Instructor, Cheryl Lee, is going to write a series of newsletter articles to provide general help with swimming technique, health and fitness.

The first article covers issues surrounding hydration.

Why do I need to keep hydrated (drink water)?

Water is fundamental to most, if not all living things. In human beings it is needed to lubricate muscles, organs & joints, flush out toxins and aid digestion. If fluid isn't drunk the body loses the ability to maintain a suitable temperature and nutrients are not transported around the body.

Dehydration Signs



For a swimmer, a lack of water consumption can result in 2% loss of body weight and result in a 20% decrease in performance. It can also lead swimmers to experience dehydration.

Please note the advice in these articles is only general advice and you should always follow the advice of your G.P.

Chief Instructor's Tips (Contd.)

Drinking Strategies for Adults

Everyone is different and the amount of water to consume will vary by adult and child. However, if you are at a gala and water is being offered we suggest you drink it to keep hydrated. It can get very hot sitting on the side. In addition, if you wish to bring a plastic bottle of water with you to the pool sessions then please make sure you place it safely on the side.

Please remember if you feel unwell at any time to let a helper or someone know.



Source:

<https://www.britishswimming.org/performance/para-swimming/training-and-sports-science/nutrition/>

Chief Instructor's Tips (Contd.)

So do we sweat when we are swimming?

Yes, we all do, however, the amount we sweat varies by individual and this results in a loss of weight during exercise. There is no standard sweat rate during exercise because sweat losses will vary depending on exercise intensity, exercise duration, fitness level of each athlete / swimmer and weather conditions.

As a rough guide, research suggests that the average sweat losses in swimmers to be 365ml / hour in females and 415ml / hour male. Athletes can develop their own (hydration) drinking strategy to compensate for their own individual sweat losses. It is important to get to know your body and to understand when to take more fluids on board.

Sweating not only involves the loss of water from the body but also involves the loss of body salts such as sodium, chloride and potassium, often referred to as electrolytes. It is for that reason that sports drinks and other drinks containing carbohydrates and/or salts are generally more effective than plain water for replacing fluid lost through sweat. Alternatively, adding a pinch of salt to a water/cordial is usually recommended.



Lucozade products are the only sports drinks & foods that British Swimming advise British Disability swimmers to use and are therefore usually available at the top British Swimming competitions.

Sports drinks (e.g. Lucozade Body Fuel) – These products can be used immediately before training sessions to increase blood sugar levels; during training to maintain blood sugar levels and hydration; and immediately after exercise to replenish loss.



Sports waters (e.g. Lucozade Hydro-active) – Sports waters aim to replicate the content of the water lost from the body via sweat. Thus, these products are particularly useful to maintain a hydrated state during training, in hot environments and aboard planes when water and electrolyte losses are increased. These are also low in carbohydrates and energy, making them more appropriate for athletes on restricted nutritional plans.

Source: <https://www.britishswimming.org/performance/para-swimming/training-and-sports-science/nutrition/>