HYDRATION CHECK

To be checked in the morning. Possible dehydration if 2 or more of the following markers are present:



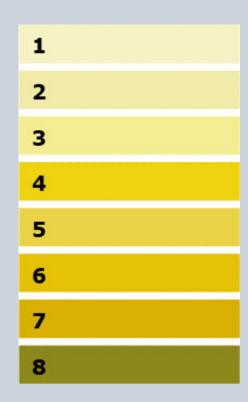
1. Weight

Ensure that you maintain a stable body weight; day-to-day variation within 1%

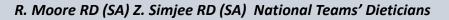


2. Urine Urine colour should be 1 to 3 Any colours 4 to 8 \rightarrow need to increase water intake

3. Thirst Dry mouth or craving fluids









For more information go to: <u>https://www.springboks.rugby/en/pages/BokSmart-Medical-Protocol-Eating-and-Drinking-Right</u>