

Golf Hydration

Hydration is important for golfers, particularly as play can take many hours and often in warm weather. As we sweat there is a loss of body fluids. If these are not replaced, there is a gradual reduction in performance, physical and mental, as the degree of dehydration increases.

What should you do?

Here are some strategies to replace fluids over a golfing day.

- Make sure that you drink at each meal, and there is nothing wrong with water as your drink of choice.
- Carry your own drink bottle in your bag so that it is always handy and monitor how much you drink.
- Drink more in hot weather, try to have a regular drink such as before or after each hole.
- Get a feel for how much you sweat, and how well you replace these.

Weigh yourself before and after a day of golf to get an estimate of how much fluid you lose, and how well you have replaced it.

- For golfers on the course all day it is important to consume some carbohydrates with your drink, such as a sports drink.
- Rehydrate at the end of the day. Have a non-alcoholic drink before your beer at the clubhouse.

