



# SCHOOL SPORT VICTORIA

## HYDRATION POLICY

### THE RATIONALE

School Sport Victoria (SSV) provides programs that have both sporting and educational opportunities for students. The purpose of the policy/guidelines is to ensure that students become aware of the benefits of proper hydration practices before, during and after physical activity.

It is essential therefore that adults accompanying teams to SSV events ensure that students are not placed at risk and are properly hydrated before participating in physical activity.

### THE POLICY

#### KEY MESSAGES

The following messages should be used to help convey the benefits of proper hydration.

**THIRST IS A POOR INDICATOR OF FLUID NEED  
HYDRATE BEFORE, DURING AND AFTER PLAY  
HYDRATE BEFORE YOU CELEBRATE  
WATER IS THE BEST CHOICE FOR KIDS PLAYING SPORT**

#### SUGGESTED PROCEDURES

The following procedures are suggested for all SSV events:

- ✓ Teachers should ensure that cool water is available at all times.
- ✓ The procedures to be followed for providing fluid to students during competition should be clearly identified prior to the commencement of competition.
- ✓ Scheduled breaks in matches should be used to actively promote the benefits of hydration to participants.
- ✓ Where possible, accompanying teachers should actively promote the use of interchange rules as a tool to prevent dehydration.
- ✓ Participating teams may designate their own water carriers. These may be students and/or adults but cannot be the team coach.
- ✓ No water carrier is to engage in the coaching of individuals or the team whilst on the field of play.
- ✓ All teams are provided individual water bottles for every event. During matches, these should be located immediately next to the playing area to enable players to help themselves (at appropriate times) during matches.

**REMEMBER – DRINK UNTIL YOUR URINE IS CLEAR !!**

Further information: Sports Medicine Australia Resources

#### IMPLEMENTATION

1. This policy reflects current practice.
2. This policy can be found on the SSV website
3. All schools and all coordinators will be notified of any changes via the SSV website, Social Media and SSV eNew.

**ENDORSEMENT**

This policy was endorsed by the School Sport Victoria Chief Executive Officer, Department of Education in May 2021.

**REVIEW**

This policy is due for review every three (3) years.