



Hydration Assessment Preparation Guidelines

1. Preparation starts **days before** the certification NOT on the day of the certification.
2. No vigorous activity on the evening before and the day of testing.
3. Avoid any caffeinated beverages on the day before and the day of testing.
4. Avoid any vitamin or mineral supplements **TWO** days prior to and the day of testing.
5. Be awake three hours prior to testing.
6. Do not eat two hours prior to testing.
7. **ON THE DAY OF TESTING**, consume 2 – 4 cups of water in a 1-2 hour period immediately preceding the test. A sports drink is also an excellent choice.

***Note the color of the urine is a guide to hydration. The darker yellow the urine = less hydration for the athlete which means the athlete needs to drink more water. CLEAR or light colored urine means the athlete is hydrated. The athlete should drink enough fluid so that their urine is clear or light yellow.