

"Glug, glug, glug"



- Dehydration affects performance and is associated with premature fatigue.
- The sensation of thirst is not a good indicator of dehydration. When thirst occurs, approx. 2% of body mass has already been lost.
- During exercise, it is important to drink on a schedule rather than according to thirst.
- Consuming 0.5 - 1.5 cups of fluid (1 cup \approx 300 ml) about 15 minutes before exercise helps ensure complete hydration.
- The amount of fluid one can tolerate during exercise varies from person to person, but usually ranges between 10 and 15 ml per kg of body weight per hour.
- Rather than drinking large amount of fluid at one go, it is better to drink 0.5 - 1.5 cups of fluid every 15 to 20 minutes, or as much as one can tolerate without feeling any discomfort.
- If you're feeling sluggish during your curling game, it may be partly due to dehydration. If you're sweeping rocks from end to end, take a moment to have a quick drink of water when your near the water cooler.
- By the way, did you know the name hog line comes from an old shepherding term. The line of slow-moving sheep at the trailing edge of the pack was referred to as the hog line, meaning they were as slow as hogs. This line of sheep was the farthest back a sheep could walk and still be part of the group. You can draw the distant similarity. In curling, it's the farthest point a rock can be from the field of activity and still be in play.