

# ROWING WEIGHT CONTROL PROGRAM

## Hydration Tip Sheet

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### **Rowers:**

*The following are tips that will help rowers report to body fat testing properly hydrated. Please do not take nutritional supplements for one week prior to testing date (unless under specific direction from physician).*

### **Two days prior to test day:**

- **Drink plenty of fluids throughout the day, (Water has no calories). Athletes should be drinking at least 8-10 glasses of water during the day**
- **Increase intake of foods high in fiber- this will help with removal of excess GI content from body. (salad, cereal with skim milk, vegetables, fruits, etc are examples of foods high in fiber)**
- **Eat smaller, more frequent meals**
- **AVOID foods high in fat (fried foods, meat, french fries, pizza, nuts, salad dressings, etc.)**
- **AVOID salty foods (potato chips, pretzels, pizza, tuna, crackers, soft drinks, sports drinks)**
- **Be sure that you eat and drink. Do not dehydrate! Do not starve!**

### **One day before test:**

- **Continue drinking fluids, you should be urinating on a frequent basis. Urine should be clear if you are fully hydrated**
- **Eat smaller, but more frequent meals. Continue eating fibrous foods, to minimize GI content from body**
- **Fatty foods / snacks will stay in your body – STAY AWAY**
- **Drink 16 ounces of fluid replacement beverage (Gatorade, Powerade)**

### **Day of test:**

- **Eat small portions, eat a very light lunch (if afternoon testing)**
- **Eat lighter foods such as fruit, grains, etc.**
- **Continue to drink water**
- **Do not drink salty drinks such as Sodas**
- **Urinate as frequently as possible throughout the day until one-two hours prior to test time**
- **Use the bathroom (defecate) before the test**
- **Please be ready to urinate for hydration testing**