



# HYDRATION ON THE GOLF COURSE

Members are reminded, regarding hot weather, of the importance of keeping the body adequately hydrated during a game of golf. The following information has been obtained through contacts with the Herald/Sun Fitness section and is sound advice for members playing golf in hot and not so hot conditions.

GOLF involves short bursts of high-intensity activity, with most of the time spent walking, standing, or sitting on the cart. The calories expended during a game of golf if you walk the course are quite significant, according to the [Journal of Sports Medicine and Physical Fitness](#), which found that during 18 holes an average person burns up 4032Kj (nearly 400g of chocolate).

## Balance between water and sports drinks on the golf course

Hydration Staying hydrated is essential during a round of golf, especially because dehydration can result in decreased concentration. Some studies suggest that signs of mild dehydration include lack of concentration; decreased short-term memory; sluggish performance; headaches; migraines; and misinterpreted hunger signals.

Water may replenish thirst, but golf is generally played during the mild to warm months. Especially during hotter conditions, a sports drink may be a better option because this will also replace electrolytes lost through sweating. The other advantage of sports drinks over water is avoiding the need to urinate on the golf course. The salts in the sports drink tend to keep water in the body. Balance between water and sports drinks are required. Aim to continually sip on whatever fluid you choose before you feel thirsty. Hydration – Drink Up – **Do not rely on thirst as an indication of fluid needs.** High levels of dehydration may increase the risk of heat illness. Follow a hydration routine, which includes adequate fluid intake before, during and after activity to prevent dehydration.

- 500ml at least one hour before activity
- 200ml every 20 min during activity.

## Rest and Rotation

Rest in shaded areas. Fans or ice packs are effective in keeping you cool. Clothing Wear light-coloured, loose-fitting clothes, with high absorption properties that provide adequate ventilation. Don't forget the hat, sunscreen, and where possible, sunglasses to protect against the sun.