



Hydration Policy

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March 2025

To be reviewed March 2029

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Saber Academy training sessions provide ample opportunities for hydration during activities. Saber Academy provides drinking water and cups free of charge during in-person activities upon request. Saber Academy recommends students bring their own drink bottles for use during training programs.

Introduction

Saber Academy provides both sporting and educational opportunities for students. The purpose of this policy statement 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 students to Saber Academy classes and events ensure that students are not placed at risk and are properly hydrated before participating in physical activity.

Thirst is a poor indicator of fluid need and students are encouraged to hydrate before, during and after training.

Guidelines

The following guidelines are suggested for all Saber Academy events:

- Instructors should ensure that water is available at in-person training sessions upon request. Other fluids which may be used include diluted sports drinks, diluted cordial and diluted fruit juices. Carbonated drinks should not be used.
- Scheduled breaks should be used to actively promote the benefits of hydration to participants.
- Classes may designate their own water carriers. These may be students and/or adults but should not be the instructor.
- Individual water bottles should be located immediately next to the training area to enable students to help themselves (at appropriate times) during training.
- For online training sessions, participants are responsible for arranging their own hydration needs.
- During high-intensity or extended training sessions, instructors should remind participants to hydrate regularly.
- Participants with special medical conditions requiring specific hydration needs should inform their instructor prior to training.