

# Cumann Pheadair Naofa CLG

## Water bottle Protocol



- St Peter's GAA Warrenpoint maintains that hydration is the responsibility of the player and not the coach. (at least 2 litres per day on a rest day and 3 litres per day on a day of exercise).
- In the past coaches took water bottles to matches and 30+ players drank out of the same bottle. That being noted, take into consideration the following;

The University of Nebraska Medical Center indicates that bacterial contamination of a reused water bottle can be considered insignificant if the bottle is reused by the same person. However, sharing reused water bottles, even ones that have been cleaned, can greatly increase the potential for bacterial infection. Viral infection can also result from sharing water bottles. When you drink from a water bottle there is always some water that is backwashed into the bottle along with saliva. The saliva carries bacteria and viruses, and the saliva can also act as a breeding ground inside the water bottle for these harmful organisms.

Read more: [Bacteria Risks of Water Bottles | eHow.com](http://www.ehow.com/about_5455645_bacteria-risks-water-bottles.html#ixzz1dmZxt5Q3)  
[http://www.ehow.com/about\\_5455645\\_bacteria-risks-water-bottles.html#ixzz1dmZxt5Q3](http://www.ehow.com/about_5455645_bacteria-risks-water-bottles.html#ixzz1dmZxt5Q3)

**In the coming months and years coaches will not provide water for their teams at training or matches. If you are going to be away for the day at a tournament or at an event make sure to bring enough water for that day.**

**This is the responsibility of YOU and YOUR PARENTS/GUARDIANS**