



**Ontario Minor Hockey Association**  
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## **POSITION STATEMENT ON HYDRATING FLUIDS**

Over the past several years the OMHA has been asked by parents, players and minor hockey associations to provide its position on the consumption of fluids towards promoting the best possible hydration of participants of Association activities and events.

As a result, and following consultation with the OMHA Trainer's Technical Committee and various external sources, the OMHA Board passed the following Position Statement:

**Before, during and after practices and competitions, it is recommended that only water be administered to participants.**

For further information regarding hydration and the impact of water, sports drinks and stimulant drinks, please refer to the Health Canada website at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) and the Coaching Association of Canada (CAC) website at [www.coach.ca](http://www.coach.ca) (<http://www.coach.ca/eng/nutrition/search.cfm>).

For more information on the Development Programs offered by the OMHA, please visit the OMHA website at [www.omha.net](http://www.omha.net)

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