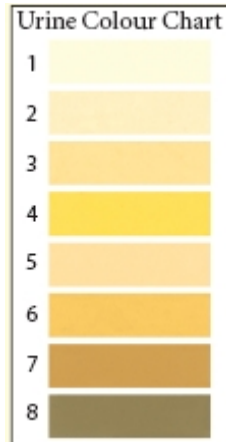


# Launch Lab: Dehydration and Urine Colour

**Purpose:** Use a urine colour chart to establish levels of dehydration.

## Materials

- 3 test tubes of simulated urine
- urine colour rating chart
- unlined white paper
- protective goggles and gloves



Validated in: Urinary Indices of Hydration Status, *Int. J. Sport Nutrition* 4: 265–279, 1994; Urinary Indices of Dehydration, Exercise and Rehydration, *Int. J. Sport Nutrition*, 8: 345–355, 1998; and Drinking behavior and perception of thirst in untrained women during heat Acclimation and outdoor training, *Int. J. Sport Nutr. & Exerc. Metab.* 13: 15–28, 2003. © Lawrence E. Armstrong, 2000; Human Kinetics Publishers

## Procedure

1. Gather the materials listed.
2. Hold each sample in front of the unlined, white paper.
3. Match the sample to the Urine Colour Chart and record your results in the table below.

Simulated Urine Sample	Match to Colour Chart	Interpretation
1		
2		
3		

## Analysis

1. Based on your observations, infer which sample(s) would indicate a person who is well-hydrated. Which sample indicates a person who is poorly hydrated? Which is the control?
2. Why would it be important for athletes to be able to assess their hydration during a game or practice?