ACUTE WEIGHT LOSS DO'S & DON'TS

DO

Identify your preferred weight category in consultation with your support team
(coach, sports doctor, sports dietitian & psychologist). This should be based on your pre-season body mass & composition data.

Prioritise the use of your diet to support fuelling & recovery goals.
This will help you become the best athlete you can.

Work with your support team to identify the most appropriate weight loss strategies
to achieve your identified weight class. Allow enough time to trial any acute strategies & their impact on weight loss & performance – this will ensure you avoid any negative impact on performance or health. Also trial post-weigh-in recovery strategies in advance of competition – these should be specific to any acute strategies used.

Document your weight loss & strategies after every time you make weight.
Reflect on the amount & rate of loss, plus the time you allowed for this, recovery practices after weigh-in plus how you felt & performed. Share this information with your support team, to help further refine practices next time you come to compete.

DON'T

Do it alone!
Seek the professional guidance of your support team.

Rely heavily on sweating to lose weight,
especially the use of saunas & baths or other hot environments. Hot environments can kill! As a general guide, sweating should never be used to lose any more weight than what you might experience in a training session i.e. 2-3% of your body mass or 1.5-2kg for a 70kg athlete. Speak to your sports dietitian for assistance & never use a sauna or bath without supervision.

Fast or completely avoid food & fluid in the days before weigh-in.
Similar weight loss can be achieved with strategic tweaks to the fibre content & weight of your food/ fluid intake. Speak to your sports dietitian for specific advice.

Restrict your fluid intake unless absolutely necessary,
& then only in the last 24 hrs before weigh-in. Speak to your sports dietitian for individual guidance. Training while dehydrated merely impairs training quality & your ability to be at your best come competition.

Allow your waking weight to creep above ~5-7% of your competition weight.
If you're well above this at the start of a season, chat with your support team to review your ideal weight class.