

OFFICIAL HYDRATION PLAN

European Boy's Team Championship | Barceló Montecastillo Golf

Operational Logistics & Water Point Distribution • Second week of July

1. RESOURCE BREAKDOWN

Distribution by Infrastructure Type

Infrastructure Type	Points / Location
ELECTRIC COOLERS	Hole 1, Hole 10 Maximum chilling performance at start/turn points.
STYROFOAM COOLERS	Hole 4, Hole 8, Hole 14, Hole 17 Intermediate ice chest stations with bottled water.
WATER FOUNTAINS	Hole 2, Hole 6, Hole 12, Hole 16 Continuous mains water refill and towel cooling.

2. CLIMATE ALERTS (JULY)

Extreme Heat Risk: In Jerez, July temperatures frequently exceed 38°C (100°F). Dehydration can reduce performance by 20% before thirst is felt.

U18 Strategy: Young players accumulate core heat faster. Close monitoring by team captains is mandatory.

3. HYDRATION ROUTE ALONG THE COURSE (HOLE-BY-HOLE)

Hole	Supply Station	Operational Instructions for Players & Captains
Hole 1	ELECTRIC COOLER 1	Mandatory initial stocking before teeing off. Take at least 2 chilled bottles.
Hole 2	WATER FOUNTAIN 2	Quick top-up and refilling of personal thermal flasks.
Hole 4	STYROFOAM COOLER 4	First intermediate station on the front nine. Consume sports drinks.
Hole 6	WATER FOUNTAIN 6	Body refreshing and re-wetting of cooling neck towels.
Hole 8	STYROFOAM COOLER 8	Replenish electrolytes and minerals before the demanding finish at hole 9.
Hole 10	ELECTRIC COOLER 10	CRITICAL POINT: Main turn/restart. Full replenishment before heading to the back nine.
Hole 12	WATER FOUNTAIN 12	Fresh water refill to maintain the scheduled drinking pace.
Hole 14	STYROFOAM COOLER 14	High fatigue phase. Mandatory electrolyte intake to prevent cramping.
Hole 16	WATER FOUNTAIN 16	Final fixed mains water point. Preparation for the closing holes.
Hole 17	STYROFOAM COOLER 17	Final reserve of ice-cold water to tackle the challenging uphill 18th hole.

4. PLAYER PROTOCOL

- **Frequency:** Drink 150 to 250 ml of fluids systematically every 2 holes.
- **Balance:** Alternate mineral water with sports drinks (50/50 ratio).
- **Cooling:** Use fountains to soak towels and apply them to pulse zones.

5. TOURNAMENT LOGISTICS

- **Styrofoam Coolers:** Ice replenishment at 07:00 and 13:00 shifts.
- **Electric Coolers:** Permanent power supply monitored by technical staff.
- **Fountain Audit:** Flow and temperature verification before practice rounds.

