



Hydration & Recovery

During the AUS open, players often compete in high temperatures and humidity, with matches lasting several hours! Managing heat, hydration, and recovery is essential to maintain performance and reduce the risk of injury during the tournament.

1. Identify two environmental factors that could affect tennis players competing in Australia.

2. Explain how high temperatures can impact physical performance during a long tennis match.

3. Suggest two hydration or cooling strategies players could use during matches to reduce fatigue and maintain performance.

