

## Corrigendum

# Symposium on 'Performance, exercise and health' Hydration, fluids and performance – Corrigendum

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In the first paragraph of the section 'Masking and exacerbating factors when investigating hypohydration and exercise performance', masking and exacerbating factors have been incorrectly defined. This section should read:

Exacerbating factors will magnify the effects of hypohydration on the performance tests and therefore overemphasise the effects attributed to hypohydration. Examples of these factors are (1) energy restriction, sometimes seen when fluid restriction and/or fasting is the tool used to induce hypohydration; (2) body temperature increase, sometimes seen when exercise or heat exposure is used to induce hypohydration by sweating; (3) fatigue, sometimes seen when exercise is used to induce hypohydration via sweat production. Masking factors will underestimate the effects of hypohydration on the performance tests and therefore underestimate the effects of hypohydration on performance by attenuating them. Masking factors include the decrease in body mass typically accompanying hypohydration or an increase in total body water that can occur with training.

### Reference

Susan M. Shirreffs, Symposium on 'Performance, exercise and health' Hydration, fluids and performance. *Proceedings of the Nutrition Society*, 68, 17–22.