



Hydrated by Bluewater, the Mundialito Beach Soccer Andalusia 2023 tournament is exhilarating clash of national teams from Spain, Brazil, Mexico, the United Arab Emirates, England, the United States, and Portugal.

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Bluewater Hydrating Teams at Spain's Mundialito Beach Soccer Andalusia 2023 Tournament

Ayamonte, Spain, October 15, 2023 -- Bluewater, a world-leading innovator of hydration solutions and beverages for sporting events worldwide, is thrilled to announce it is supplying players, support staff, and fans with free water purified of 99.7 percent of all known contaminants from its unique event water stations at the [Mundialito Beach Soccer Andalusia 2023](#) tournament now captivating fans in Ayamonte, Spain. The tournament will

witness the exhilarating clash of national teams from Spain, Brazil, Mexico, and the United Arab Emirates in the men's category, and Spain, England, the United States, and Portugal in the women's category.

With pristine beaches serving as the backdrop, the highly anticipated event draws media attention, enthalls sports enthusiasts, and ignites beach soccer aficionados' passion. The tournament promises an unforgettable experience, showcasing the synergy of athleticism, skill, and team spirit among the participating nations.

“We are delighted to support this prestigious tournament in Ayamonte, a perfect destination renowned for its picturesque coastal beauty,” said Bluewater spokesperson Dave Noble. He added that with the participation of world-class teams, Bluewater aims to deliver an unparalleled beach soccer hydration experience that will resonate across the event.

Oscar Jimenez, Head of Partnerships at Beach Soccer Worldwide, said: “This second partnership with [Bluewater](#) shows our commitment to eliminate single-use plastics. The sand is our home, and the best way to protect it is to first not consume plastics. We work for a cleaner future, and Bluewater is helping us to achieve that goal.”

The multiplayer event is taking place in mid-October and sees players showcasing their talent and competing for the coveted championship titles. The tournament will demonstrate beach soccer's unique flair and dynamics, placing huge demands on athletes to stay hydrated and maintain performance in searing heat.

“Playing beach soccer in hot temperatures means proper hydration is crucial to maintain performance and prevent heat-related illnesses,” said Dave Noble, Bluewater Chief Communications Officer (CCO). He outlined some effective strategies for sportspeople to stay hydrated on the sand and avoid heat stroke:

- Start hydrating early: Start drinking fluids before the game or practice session. Aim to be well-hydrated before you even step foot on the beach.
- Drink water regularly: During play, drink water regularly, even if you don't feel excessively thirsty. Sip on water or sports drink

- every 15-20 minutes to replenish fluid loss through sweat.
- Monitor urine color: Keep an eye on the color of your urine as a general indicator of hydration levels. If your urine is light in color, you're likely adequately hydrated. Dark-colored urine may suggest dehydration and a need for more fluids.
- Optimal pre-game hydration: Consume water or a sports drink 2-3 hours before playing. This helps ensure your body starts in a hydrated state.
- Stay shaded and cool: Seek shade during breaks or substitutions to minimize exposure to direct sunlight.
- Be mindful that individual needs vary: Remember that individual hydration needs may differ based on body weight, sweat rate, and environmental conditions. Experiment and adjust your drinking routine to find what works best for you.
- Listen to your body: Pay attention to signs of dehydration, such as excessive thirst, dizziness, fatigue, or decreased performance. If you experience any of these symptoms, take a break, rehydrate, and rest in a cool, shaded area.

“Staying hydrated is essential for performance and overall well-being in hot temperatures. By following Bluewater guidelines and adapting them to your unique needs, you can optimize your hydration strategy and enjoy your beach soccer game to the fullest”, Noble said.

Bluewater has been at the forefront of organizing world-class sporting events, bringing together athletes, fans, and sponsors to celebrate the passion for sports across various disciplines. The company's experience in creating exceptional hydration experiences ensures that every tournament hydration detail is meticulously planned to provide an unforgettable time for all attendees, from athletes to support staff and fans.

For more information, please contact Dave Noble at david.noble@bluewatergroup.com or +44 7785 302 694.

About Bluewater

Bluewater has set its sights on being the world's most planet-friendly beverage company by innovating disruptive water purification technologies for home, work, and play. Providing drinking water generated and distributed at the point of use, combined with reusable stainless steel and glass bottles, is helping to break the stranglehold of single-use plastic bottles and their

unnecessary, polluting transportation. Bluewater products are available globally to consumers, hotel and catering operations, and event and venue organizations. Bluewater has been honored with two Fast Company World Changing Ideas Awards, a K&B Kitchen Innovation of the Year Award, and has been recognized for its sustainability efforts by numerous other publications. <https://www.bluewatergroup.com>

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